TRICKS & TIPS

Apple Watch

Everything you need to take your watchOS skills to the next level

- Advanced guides and tutorials for your Apple Watch, new apps and watchOS 11

OVER

465

SECRETS & HACKS

- We share our awesome tips and secrets for your Apple Watch

- Next level secrets and fixes get you to the heart of Apple's watchOS 11

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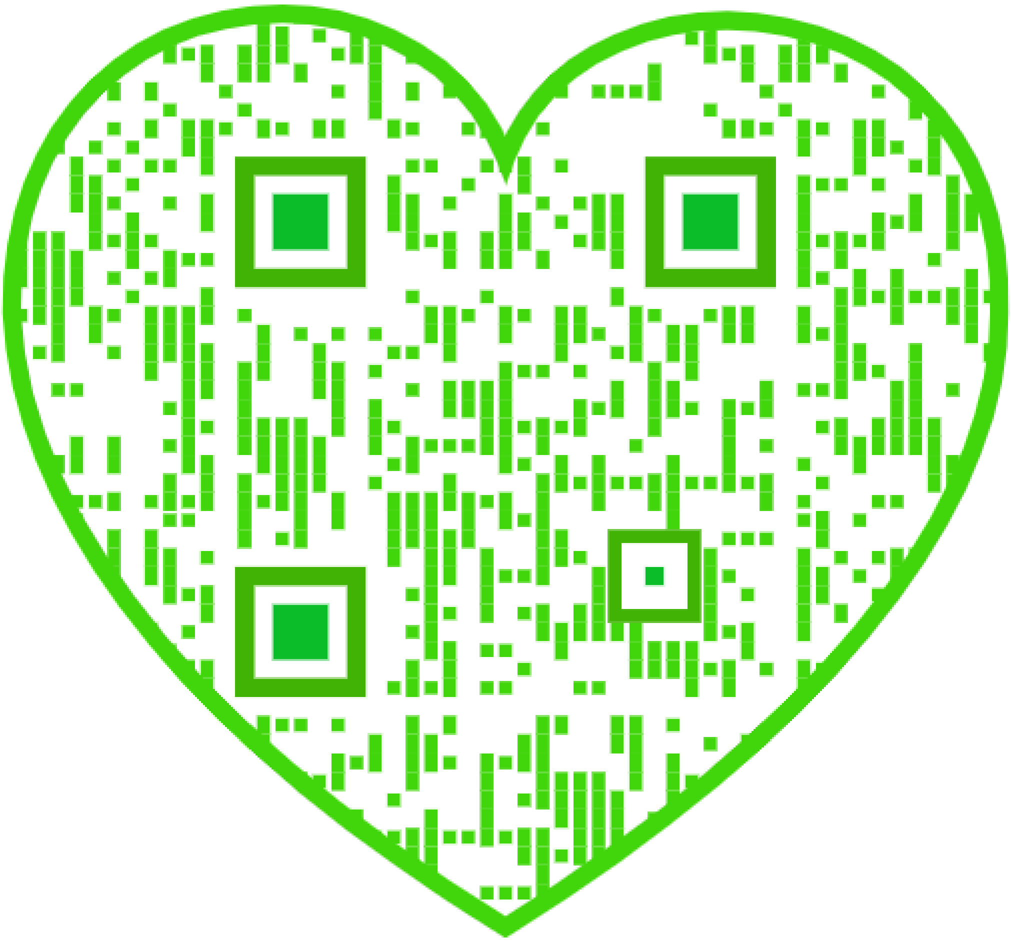

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TRICKS
& TIPS

Apple Watch

Apple Watch Tricks & Tips is the perfect digital publication for the user that wants to take their skill set to the next level. Do you want to enhance your user experience? Or wish to gain insider knowledge? Do you want to learn directly from experts in their field? Learn the numerous short cuts that the professionals use? Over the pages of this new advanced user guide you will learn everything you will need to know to become a more confident, better skilled and experienced owner. A user that will make the absolute most of watchOS and ultimately the Apple Watch itself. An achievement you can earn by simply enabling us to exclusively help and teach you the abilities we have gained over our decades of experience.

Over the page our journey continues, and we will be with you at every stage to advise, inform and ultimately inspire you to go further.

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14:49

Good Afternoon

If you have an Apple Watch, you can pair it with your iPhone here.

Learn more about Apple Watch
Start Pairing
My Watch
Face Gallery
Discover

Contents

60%
2
10:09
2.1 FT ↓ FALLING
12AM 6AM 12PM 6PM
72
12 MPH
65 FT
65 FT / 98 FT

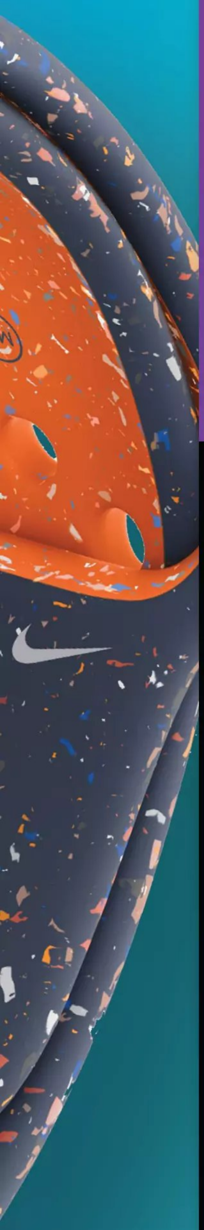
System Requirements

The new watchOS 11 operating system requires an iPhone Xs or later running iOS 18, and one of the following Apple Watches:

- Apple Watch SE (2nd generation)
- Apple Watch Series 6
- Apple Watch Series 7
- Apple Watch Series 8
- Apple Watch Series 9
- Apple Watch Series 10
- Apple Watch Ultra
- Apple Watch Ultra 2

Some features are unavailable on older devices.

4
UVI
55
65°
72
10
09
15:00
375
19
04
WATCH



Things to do on Your Watch

There's plenty more you can do with your Apple Watch. It's great for sports and fitness, and watchOS 11 brings a few more features too. You can keep track of your overall health, use it as a remote, unlock your Mac with it and more. It's amazing for controlling Home gadgets too, and for recording voice memos or using as a Camera app remote. Let's take a look at how to do all this and more.

Learn more >

4/12
STAND
4/30
EXERCISE
139/500
MOVE
00:03.27
11:47

Sports and Fitness

One of the best things about the Apple Watch is its sports and fitness features. You can time your workouts and record important information such as calories burned, time spent working out and average heart rate. Review your exercise in the Activity app, check on your blood oxygen levels and more.

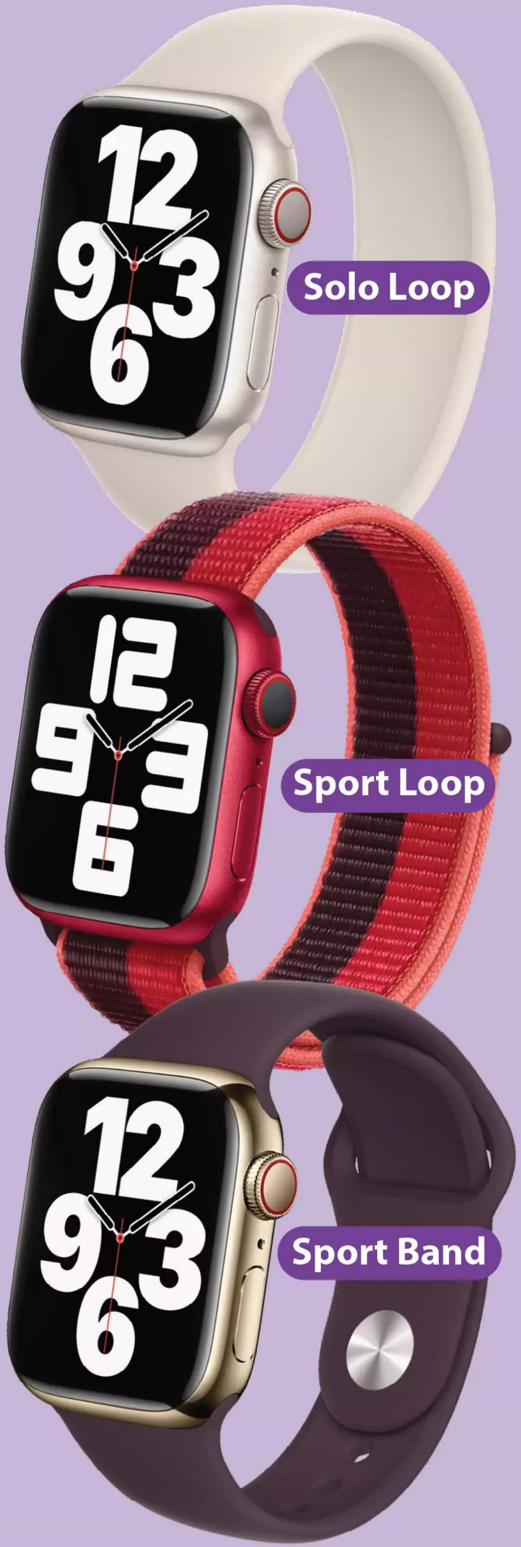
2:49
529
50
08
MUSIC

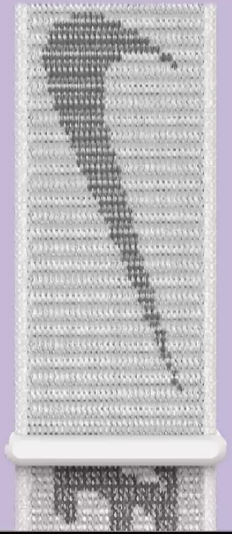
Sports Straps

There are several straps available for the Apple Watch that are designed with sports in mind. Made from high-performance fluoroelastomer, the Sport Band fastens with a pin-and-tuck system that keeps the loose end of the band in place so there's nothing to get caught in your workout gear. It's soft, comfortable and sweat-proof, so it's ideal for the gym.

The Solo Loop is similar to the Sport Band, but it has no clasp or buckle. Made from liquid silicone rubber, it's a single-piece strap that stretches over your wrist. Comfortable and secure, it's both swim-proof and sweat-proof. If you prefer a fabric band, there's the Sport Loop. Its hook-and-loop fastener is easy to adjust, and the double-layer nylon weave allows your skin to breathe and moisture to escape. You can even get a Nike-branded Sport Loop.

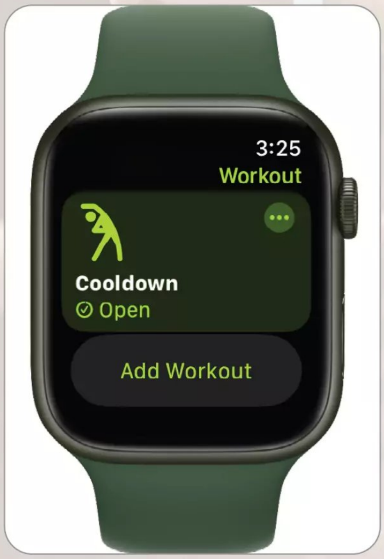
If you bought an Apple Watch with a non-sports strap such as the Milanese Loop or the Link Bracelet, it's a good idea to buy a more sporty strap for your workouts.

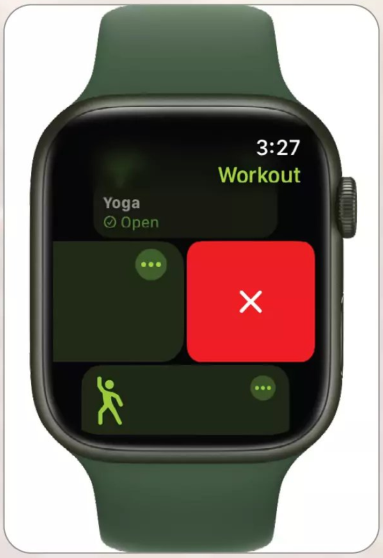


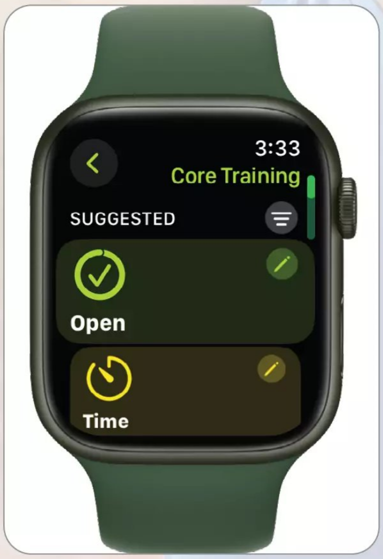


The Workout App

The latest release of watchOS brings us some new workouts, especially for cyclists and hikers. You can connect Apple Watch to Bluetooth devices for cycling, so more information can be recorded.


3:25
Workout
Cooldown
Open
Add Workout

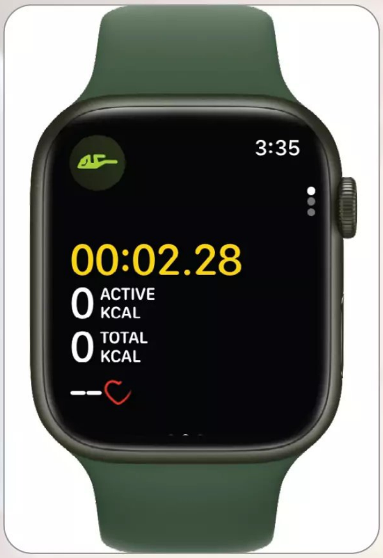

3:27
Workout
Yoga
Open

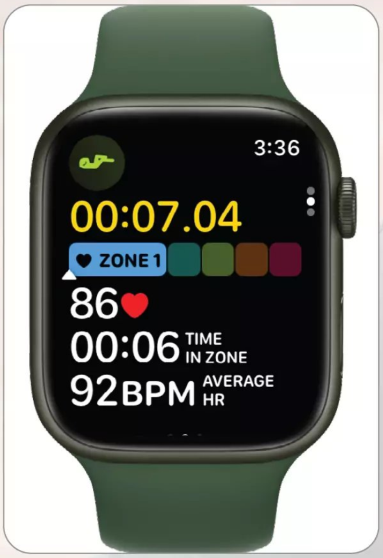

3:33
Core Training
SUGGESTED
Open
Time

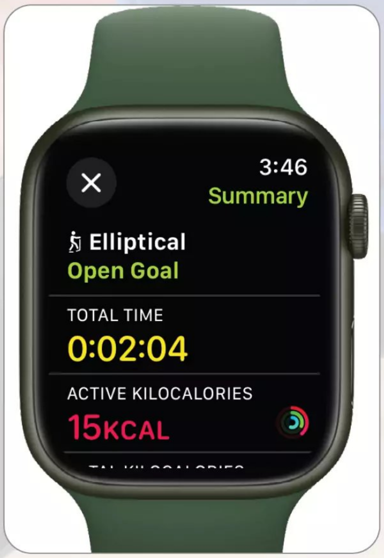
1 Use the Digital Crown or your finger to scroll up and down the list of available workouts. If you want one that isn't on the list, scroll to the bottom and tap Add Workout for alternative options.

2 To delete a workout, swipe it left and tap the cross that appears to delete. You can add it again later from the Add Workouts list. To set up a workout, tap the three-dots icon in that workout's button.

3 To set up a workout, tap the three-dots icon in that workout's button. Choose between an open workout, or working out for a specific time or to burn a set number of calories; then tap Create Workout.


3:35
00:02.28
0 ACTIVE KCAL
0 TOTAL KCAL
--

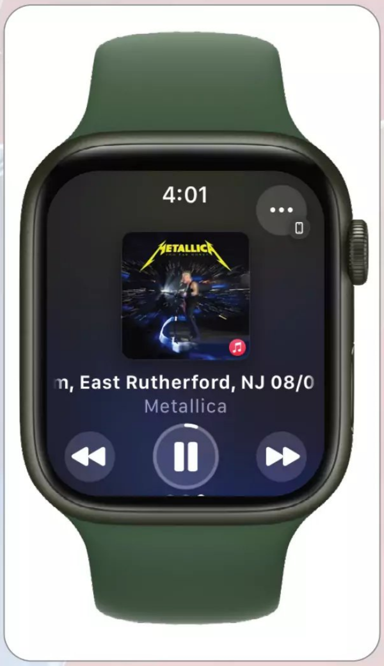

3:36
00:07.04
ZONE 1
86
00:06 TIME IN ZONE
92BPM AVERAGE HR


3:46
Summary
Elliptical
Open Goal
TOTAL TIME
0:02:04
ACTIVE KILOCALORIES
15KCAL

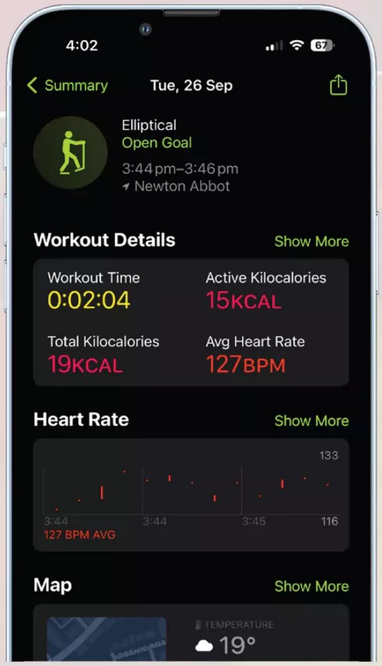
4 If you want to do an open workout (just work out with no set goal), you can start it by tapping that workout's button. After a three-count, the timer starts and your exercise is measured.

5 To check on how you're doing, lift your arm and look at your watch for a readout. Scroll the Digital Crown to highlight an exercise metric you're especially keen to observe.

6 At the end of the workout, you get a summary. Scroll up and tap the heart next to Avg Heart Rate to get to the Heart Rate app. When finished, tap the X icon in the top left corner of the screen.


4:01
METALLICA
n, East Rutherford, NJ 08/0
Metallica

7 If you swipe left during a workout, you're taken to the Music app's control screen. If you like to listen to your sounds while at the gym, this is a quick and easy way to access your controls.



4:02
Summary
Tue, 26 Sep

Elliptical
Open Goal
3:44pm–3:46pm
Newton Abbot

Workout Details Show More

Workout Time	Active Kilocalories
0:02:04	15KCAL
Total Kilocalories	Avg Heart Rate
19KCAL	127BPM

Heart Rate Show More

133
3:44 3:44 3:45 116
127 BPM AVG

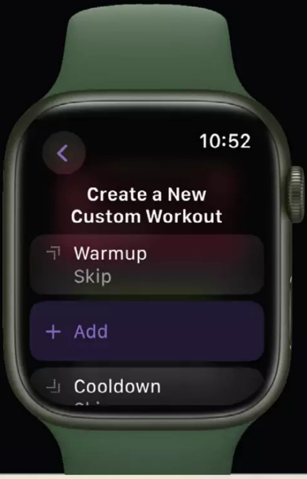
Map Show More

TEMPERATURE
19°

8 If you want to check your workouts after the event, on your iPhone, open the Fitness app. Your workouts are listed here. Tap one and you'll see the details of what you achieved.

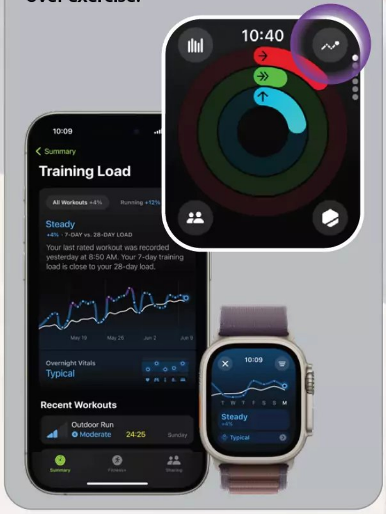
Custom Workouts

To set up a Custom Workout, in the Workouts app, scroll to the bottom and tap Create Workout then Custom. You can then chain exercises, including warm-ups and cool-downs. An Up Next view shows you how much time you have left in the current phase, and what's coming next.


10:52
Create a New Custom Workout
Warmup
Skip
Add
Cooldown

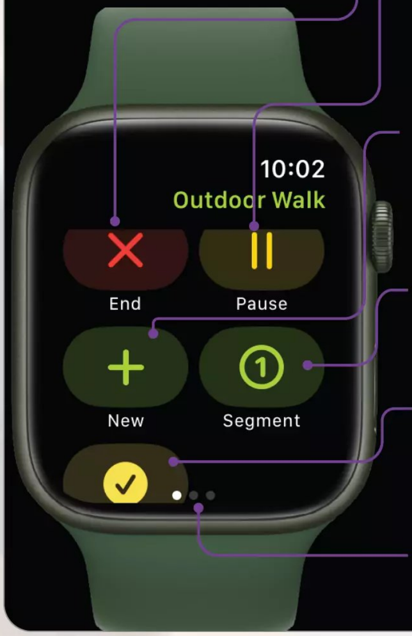
Training Load

For the serious fitness enthusiast, Apple Watch offers a 28-day training load, accessed in the Activity app; tap the graph icon in the top right. You can see how recent exercise regimes compares with your 28-day average, and you're told if you're in danger of injury due to over exercise.


10:40
10:09
Summary
Training Load
Steady
Overnight Vitals
Typical
Recent Workouts
Outdoor Run
Moderate
24:25

Your last rated workout was recorded yesterday at 8:50 AM. Your 7-day training load is close to your 28-day load.

During a workout, if you swipe the Apple Watch screen to the right, you can see an options screen. This is what the various icon buttons can offer you and your workout.


10:02
Outdoor Walk
End
Pause
New
Segment

End Workout: Ends your current workout session.

Pause Workout: Pause your workout without ending it. Alternatively, press the Digital Crown and Side Button to pause and resume.

New: You can start a new workout without resetting stats such as time, distance and calories burned.

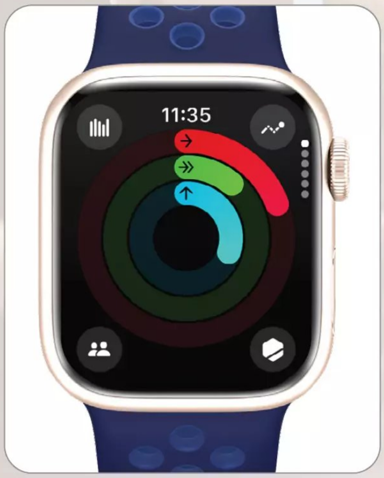
Segment: Divide your workout into segments. You could break an hour-long run into a ten-minute warm-up, a 40-minute speed run and a slower ten-minute cool-down. Tap the icon after each segment.

Check In: You can activate a check-in during a workout, for when you're training outdoors.

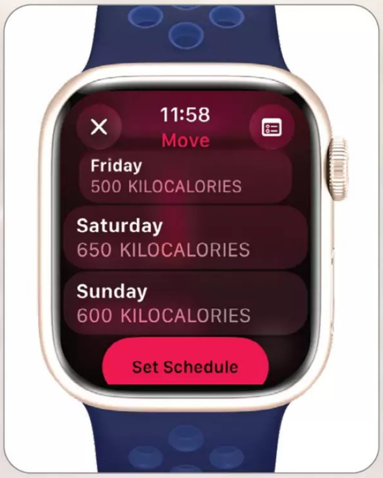
Dots: These dots show which screen you're on.This one is the left-hand screen. The middle one is the workout screen, and the right-hand one is for music.

Tracking Your Activity

The Activity app helps you make sure that every day you stay active, take enough exercise and don't spend too much time sitting down. You can set it up as a watch face Complication too. Here's how to use the Activity app.

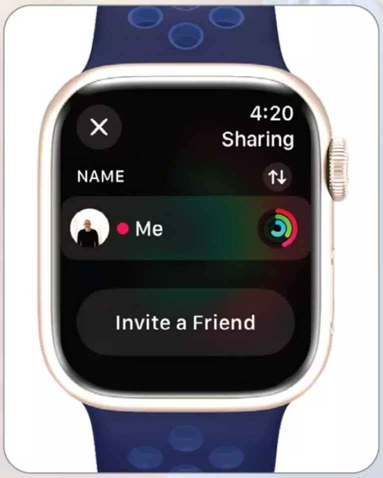


1 In the Activity app, part-completed circles represent your Move, Exercise and Stand scores. The circles are gradually completed throughout the day. When a circle is completed you've met that target. You might notice that if you use Activity as a Complication on your watch face, the lines in the watch face also update according to how active you've been that day.

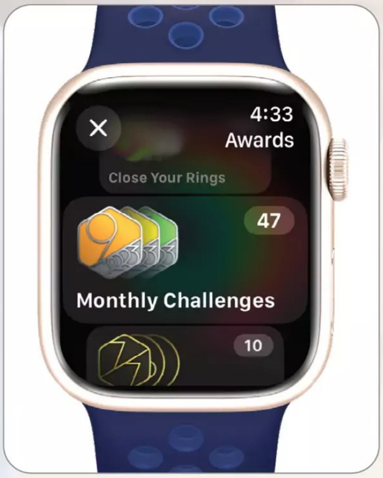


Friday
500 KILOCALORIES
Saturday
650 KILOCALORIES
Sunday
600 KILOCALORIES

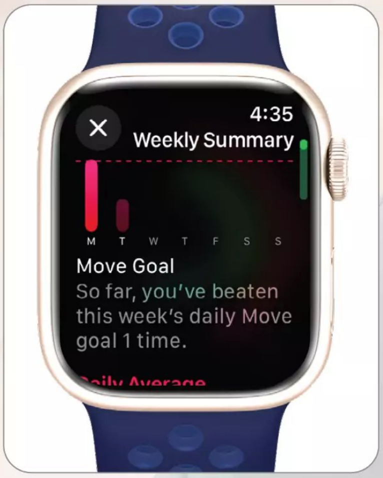
2 With Activity open, scroll using the Digital Crown or swipe with a single finger for specific figures regarding your Move, Exercise and Stand goals. If you tap the -/+ icon in the bottom right corner of the screen for each of these summaries, you can change the default targets for Move, Exercise and Stand. Just move the Digital Crown or use the buttons.



3 From the main Activity screen, tap the bottom-left icon (showing two people) for the Sharing options. Tap the Invite a Friend button and then choose a person or people from your Contacts app, to ask to share Activity scores. You're then alerted when friends close their rings, finish workouts or win awards. Naturally, they're told when you do these things too.

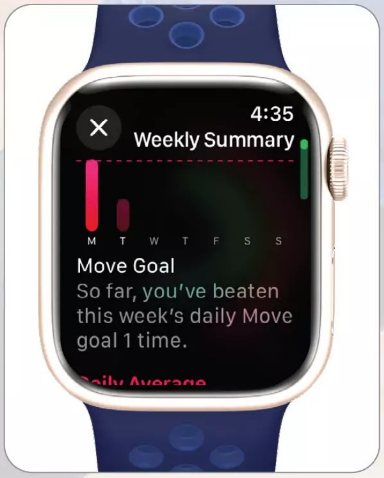


4 Tap the bottom-right icon (a hexagon) to see the range of awards you've won. Did you complete your monthly challenge? What about competitions? What workouts have you completed? These digital 'medals' show how you're doing. Tap one (earned or unearned), to see what's required.



Move Goal
So far, you've beaten this week's daily Move goal 1 time.

5 Again on the main Activity screen (the one showing your rings), tap the top left icon (a bar graph) to see your weekly summary. Scroll up and down with the Digital Crown or your finger for weekly statistics. Tap Change Goals at the bottom to change your Move, Exercise and Stand targets.



Move Goal
So far, you've beaten this week's daily Move goal 1 time.

6 To set different goals for different days, scroll up for your Move, Exercise and Stand stats, and tap a +/- icon. Tap Change Daily Goal and then the calendar (top right) to set differing daily schedules. Pause your rings by tapping the bar graph (top left, rings screen) and scrolling to the bottom.

More Sports and Fitness Tips

There's more. If you're interested in getting – or staying – fit and active, the Apple Watch has even more to offer. Let's take a look at some of its further features in the sporting and keep-fit sectors.

Blood Oxygen

4:48
95%, 1m ago
Start

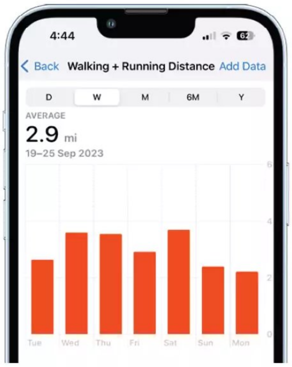
The Blood Oxygen app measures the percentage of oxygen your red blood cells carry from your lungs to the rest of your body. To do a reading, tap Start and remain still during the 15-second countdown. It should be between 95 and 100 percent. Tap the 'i' icon to learn more.

Apple Fitness+

05:27
136BPM
45 ACTIVE CAL
54 TOTAL CAL
10:09
05:27
136
45 CAL
06:31
128
74 CAL

Fitness+ is a total fitness programme that's available as a subscription, and is built around your Apple Watch. You can view a workout on an iPhone, iPad or Apple TV, following the instructor's directions. The service incorporates workout metrics from your watch as you go. A range of workouts are on offer, all led by specialist trainers. You can subscribe to Apple Fitness+ for £9.99/$9.99/9,99 € a month or £79.99/$79.99/79,99 € a year.

Miles or KM?


4:44
Back
Walking + Running Distance
Add Data
D
W
M
6M
Y
AVERAGE
2.9 mi
19–25 Sep 2023
Tue
Wed
Thu
Fri
Sat
Sun
Mon

It's possible to change the Activity app's distance measurements between km and miles, but doing so is not very intuitive. On the iPhone, open the Health app and go to Summary > Walking + Running Distance. Scroll to the bottom of the page and tap 'Unit'. You can then change which unit of measurement your Apple Watch uses.

Peripheral Vision

2:49
529
50
08

There are numerous peripherals on offer for the Apple Watch, many of which have sports and fitness in mind. Twelve South's ActionBand, for example, is a pair of sweat bands with space for the Apple Watch built into the left-hand band. The Quad Lock Bike Mount Kit for your iPhone is available from Apple, and holds your smartphone securely to your bike. And if you're concerned about scratching or banging your watch as you exercise, there are plenty of protective cases available.

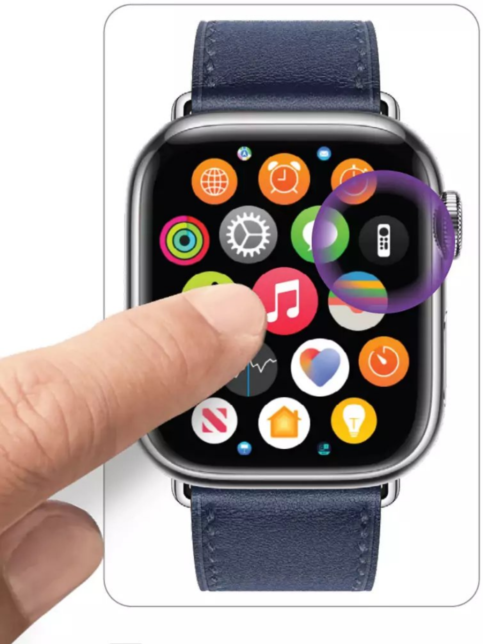
The Watch's TV Remote

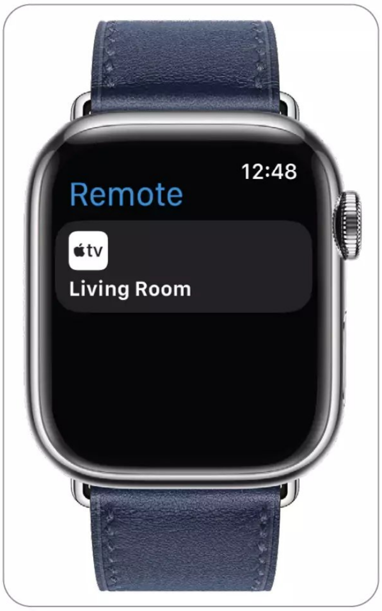
With the Remote app, you can use your Apple Watch as a controller for your Apple TV. Just pair the watch with an Apple TV device that's on the same wireless network, and you can play and pause the programme, navigate the menus and more, all from your wrist. It's just the thing if you can't find your remotes when you're comfortably settled on the sofa.

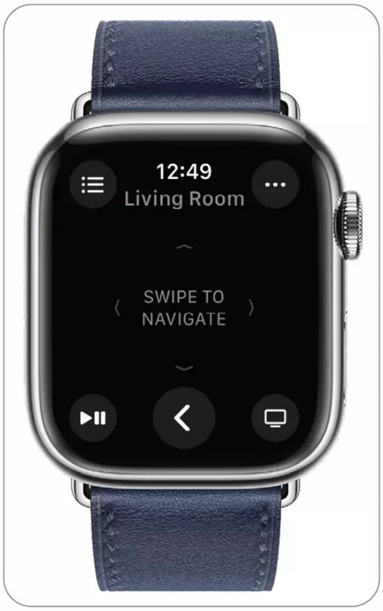
4:59
Remote
tv
Living Room
Ian Osborne's Library

The TV Remote

Before you can use your Apple Watch as a controller for an Apple TV, you must pair the two devices. Here we show you how to do this, and also how to use the watch's Remote app to control your Apple TV.







1 First of all, press the Digital Crown to get to the Home Screen. This screen is offered in a Grid View by default (as shown here), but you might have switched to a List View. Either way, tap the Remote app, the blue one with a white Play icon on it.

2 Switch on your Apple TV. Both your Apple TV and Apple Watch must be on the same Wi-Fi network, and your watch's Walkie-Talkie app should be off; use the Control Centre to do this. Your Apple TV appears on your watch's Remote app, then tap it.

3 You can now use your watch screen to swipe left, right, up and down just like you do with your Apple TV handheld remote. The chevron in the bottom-left works like the remote's Menu button, and the icon in the bottom-right is the Home button.

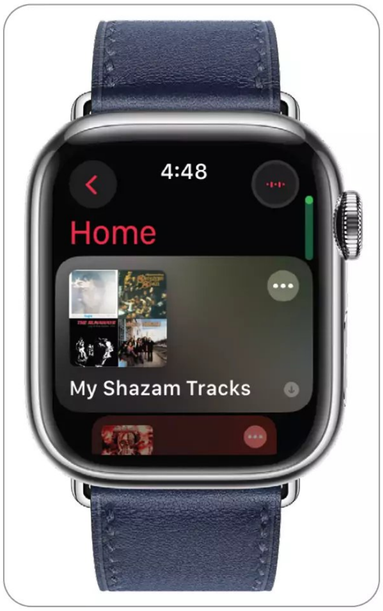
Now Playing – Control Your Music

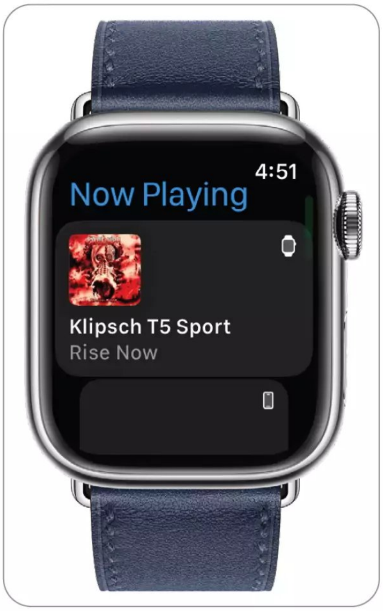
There's also a remote you can use when you're playing music through your Apple Watch or your iPhone. If you look on the Apple Watch's app picker, it's the icon that looks like a red 'play' icon made of parallel lines, on a white background. Tap it to open the Now Playing screen, from where you can control music playing from your smartwatch or phone.

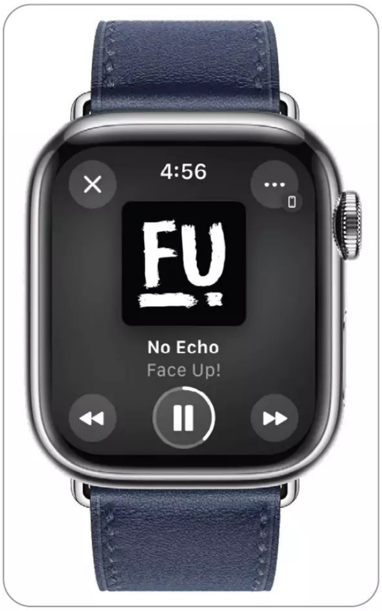
4:59
Remote
tv
Living Room
Ian Osborne's Library

Controlling your Music

Note: For this tutorial to work, the computer running the Music app and your Apple Watch must be on the same Wi-Fi network. Naturally if you're at home and on your household Wi-Fi network, this won't be a problem.







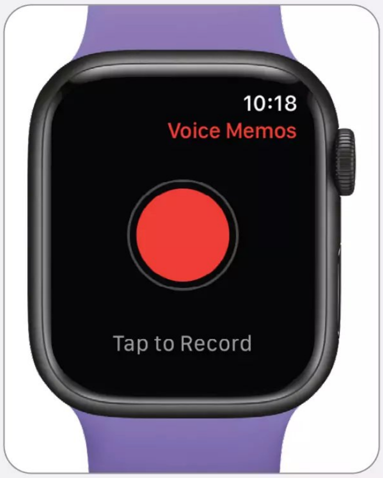
1 If you have your Apple Watch paired with a Bluetooth speaker or earbuds, you can listen to music you have stored on your Apple Watch. You can also stream music through the Apple Music service, directly to your watch, Naturally, you listen to it through the Music app.

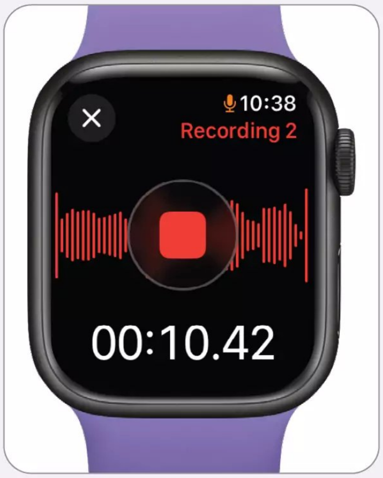
2 Tap the Now Playing icon in the App Switcher. You're shown what's playing on devices you can control from the Apple Watch. If you're playing something from the Watch itself through connected Bluetooth devices, you can tap the Watch option to access Music controls.

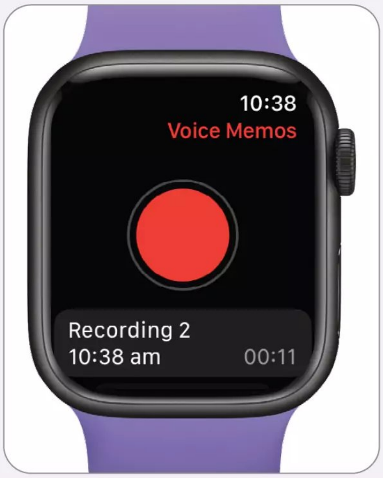
3 Alternatively, if you're listening to music playing on your iPhone, whether through the smartphone's speakers or connected Bluetooth audio outlets, you can choose the Now Playing app's iPhone option for controls. Raise or lower the volume with the digital crown.

Record Voice Memos

With an Apple Watch on your wrist, you can record short pieces of audio, quickly and easily, using the Voice Memos app. Here's how this handy app works.


10:18
Voice Memos
Tap to Record

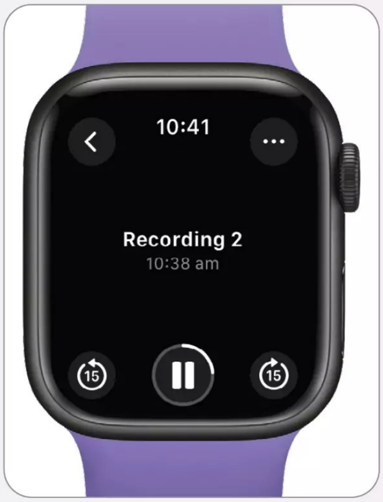

10:38
Recording 2
00:10.42

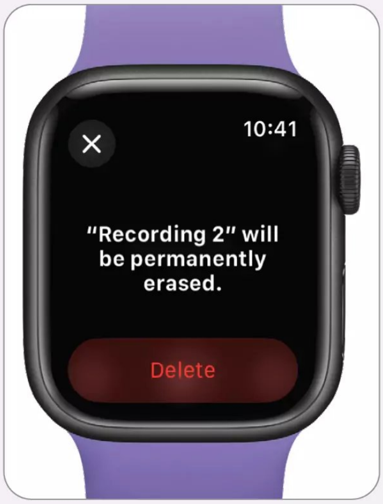

10:38
Voice Memos
Recording 2
10:38 am
00:11

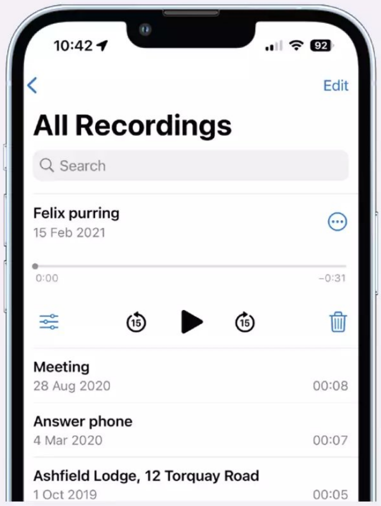
1 Open the Voice Memos app on your Apple Watch; it's the icon showing the red and white wave form. You'll see a simple screen, with a large red button in the centre labelled, 'Tap to record'.

2 Tap the big red button, and if you're recording a voice memo, speak your message. Naturally, you can record other things too; just make sure the watch is close enough to the sound source.

3 While recording, the circular red button turns into a square. When you've finished and you want to stop the recording, tap the square button and it ends. The recording is listed on the screen.


10:41
Recording 2
10:38 am
15
15


10:41
"Recording 2" will be permanently erased.
Delete


10:42
92
Edit
All Recordings
Search
Felix purring
15 Feb 2021
0:00
-0:31
15
15
Meeting
28 Aug 2020
00:08
Answer phone
4 Mar 2020
00:07
Ashfield Lodge, 12 Torquay Road
1 Oct 2019
00:05

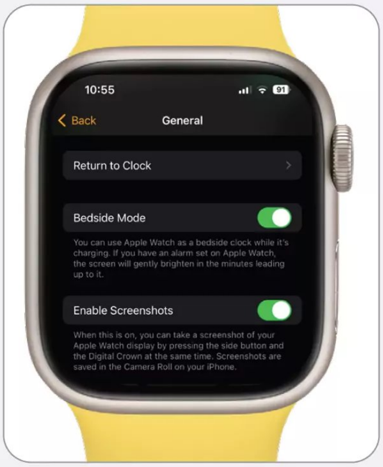
4 Tap a recording in the list and you're shown a set of audio controls. Tap the Play button to listen to it. Tap the word 'Recording' and you can enter a new name for your memo.

5 If you want to delete a voice memo, tap on it to open it and then tap the three-dots icon in the bottom-right corner of the screen. Tap the Delete button to permanently erase it.

6 Recordings are synced with your iPhone, iPad and/or Mac, as long as they're signed into the same Apple ID. Just open the device's Voice Memos app and you can review it there too.

Take Screenshots on Your Watch

Did you know you can take screenshots of your Apple Watch face? Of course you did – you're reading a magazine that's full of them. But do you know how to do it? It's a useful tip; you can take a screenshot and send it to a friend, maybe to show them how to do something on their own Apple Watch, or share an alert you received. Here's how to take screenshots on your watch.


10:55
91
Back
General
Return to Clock

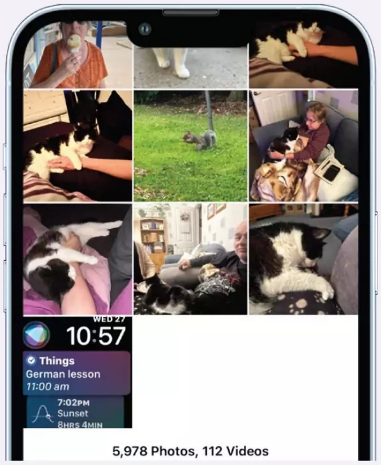
Bedside Mode ●

You can use Apple Watch as a bedside clock while it's charging. If you have an alarm set on Apple Watch, the screen will gently brighten in the minutes leading up to it.

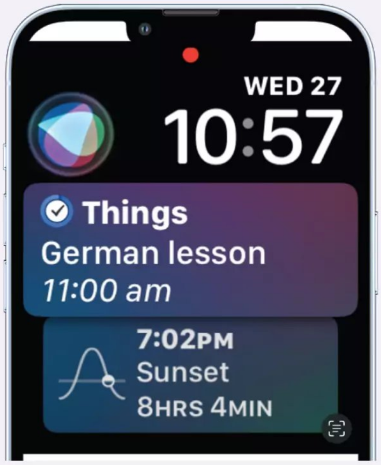
Enable Screenshots ●

When this is on, you can take a screenshot of your Apple Watch display by pressing the side button and the Digital Crown at the same time. Screenshots are saved in the Camera Roll on your iPhone.

1 In your iPhone's Watch app, go to My Watch > General and make sure Enable Screenshots is turned on. You can then take a screenshot on your Apple Watch by pressing the Digital Crown and Side Button together.


WED 27
10:57
Things
German lesson
11:00 am
7:02PM
Sunset
8HRS 4MIN
5,978 Photos, 112 Videos

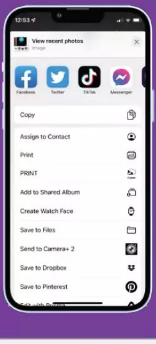
2 On your iPhone, open the Photos app. In the tabs at the bottom of the screen, tap the All Photos option on the right. You'll see thumbnails of your photos, including the screenshot you just took on your Apple Watch.

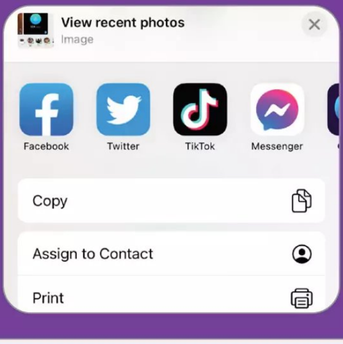

WED 27
10:57
Things
German lesson
11:00 am
7:02PM
Sunset
8HRS 4MIN

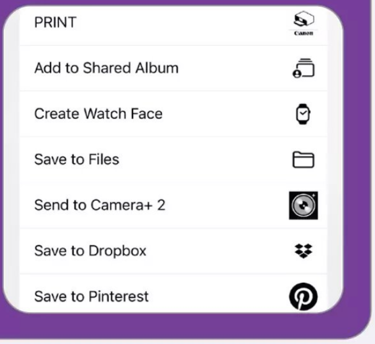
3 Tap the Apple Watch screenshot, and it opens, just like a photo. From here, you can tap the Sharing icon and send it to a friend or relative, through Messages, Mail, AirDrop and more.

Sharing Your Screenshot

Also under the Sharing menu, you can upload your Watch screenshot to Facebook or Twitter, add it to an album, print it out and more. Alternatively, instead of tapping the Sharing icon, tap the Select Text icon and copy the words from your watch face screen.




View recent photos
Image
Facebook
Twitter
TikTok
Messenger
Copy
Assign to Contact
Print

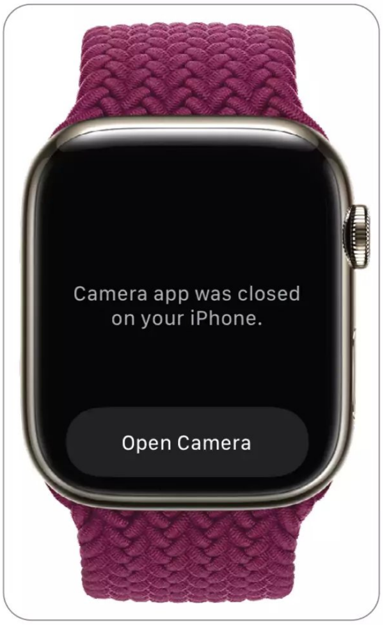

PRINT
Add to Shared Album
Create Watch Face
Save to Files
Send to Camera+ 2
Save to Dropbox
Save to Pinterest

Watch
Camera Remote

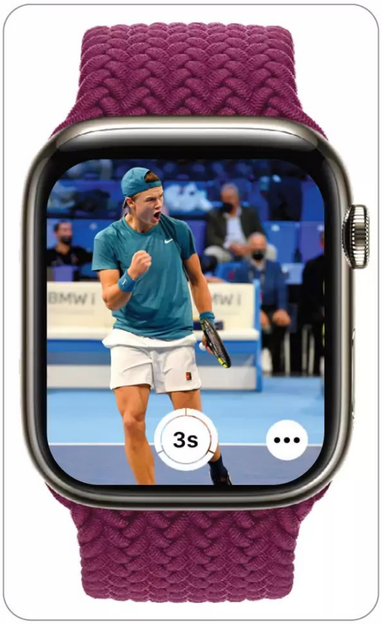
Although your Apple Watch has no built-in camera of its own, you can use it to take photographs through your iPhone's cameras. Just open the Apple Watch Camera Remote app and you can use its built-in controls to snap whatever's shown on your iPhone's Camera app. Here's how to use this handy feature.

Take Photos with the Camera Remote App

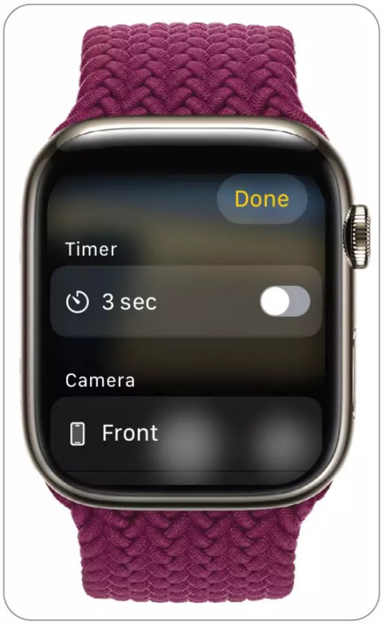
The Camera Remote app on Apple Watch is the grey icon with a picture of a camera shown. It looks a lot like the Camera app icon on your iPhone, so you can't miss it. It's a very app useful, if a little basic.



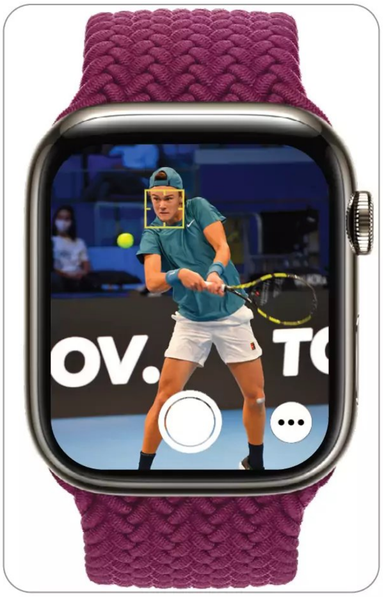
1 First of all, open the Camera app on your iPhone and the Camera Remote app on your Apple Watch. If you open the watch app without first opening the iPhone application, you see the screen shown above – press the button marked 'Open Camera' to launch the iPhone app.



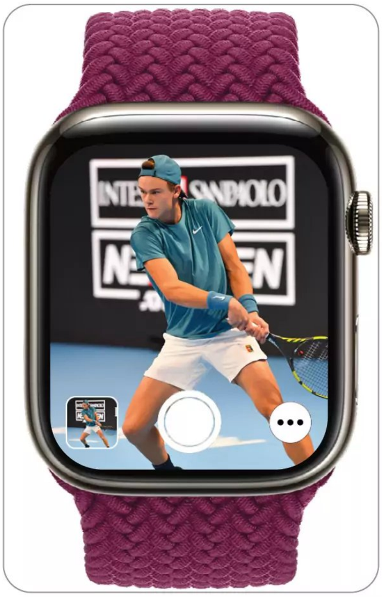
2 This is what you'll see when the Camera and Camera Remote apps are both open. Whatever is viewed through your iPhone's Camera app is shown on your watch screen. You can position the iPhone a distance away from the watch, as long as it's within Bluetooth range.



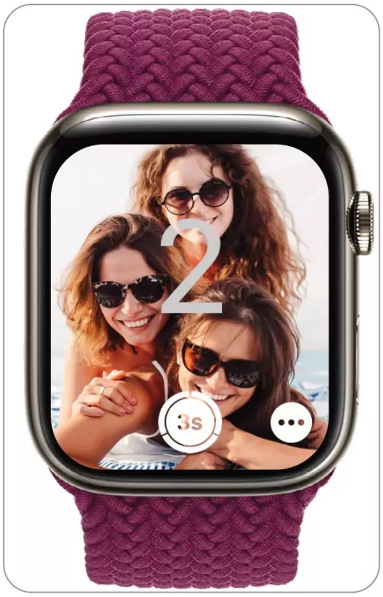
3 Tap the three-dots icon on the bottom-right of the watch screen to configure your iPhone camera options. These include the timer, which camera to use, the flash, Live photo settings and switching the HDR option on or off. Tap Done when you've finished.



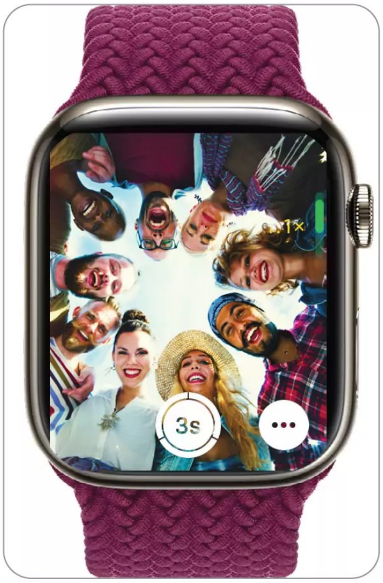
4 To set the focus on your picture tap the screen, just like you would when using the iPhone's Camera app. A yellow square shows where you're focused. If it's not where you wanted it, tap again to set a different focus point. This keeps the important things sharp.



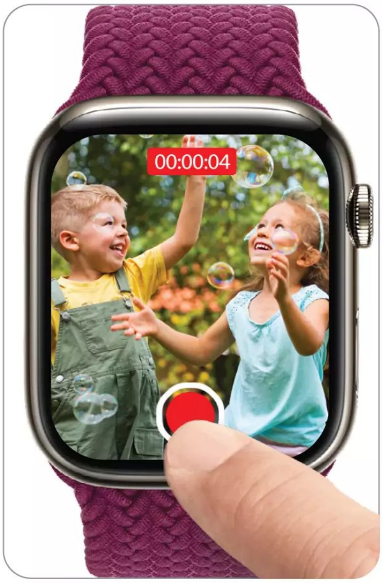
5 To take a photo, tap the big white button. A picture is taken, and shown as a thumbnail in the bottom-left corner. Tap this thumbnail to look at the pictures and swipe the screen to cycle through them. Tap Close (top-left), to go back to the Camera Remote.



6 If you want to use the timer, tap the three-dots icon and switch it on. The white button now shows '3s'. Tap it and after a three second countdown, a burst of pics are taken, giving you a choice of snaps. If you're taking a selfie, the timer gives you a chance to move.



7 While setting up a shot on the Camera Remote on your Apple Watch, you can use the Digital Crown to zoom in and out. A line appears at the side of the screen to show you how much you're zoomed. After setting the zoom, tap the white button to take the photo.



8 You can also use the Camera Remote button to take videos using your Apple Watch. Instead of tapping the white button, tap and hold it instead and it turns into a video button and movie footage is captured. To stop recording the video, release the button.

Spycam

If you need to keep an eye on something, you can use your iPhone and Apple Watch as a spycam. Place the phone where you need it, and open Camera Remote on your watch. As long as you're in Bluetooth range, you can view and photograph what's going on from your watch.

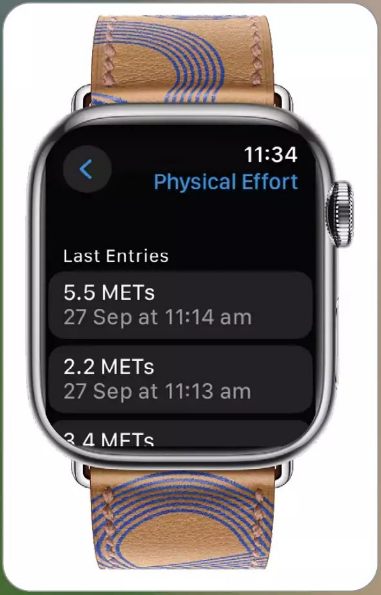
Health and Wellbeing

The Apple Watch is great for monitoring your health and looking after your general wellbeing. You can check your heart rate, make sure ambient noise levels aren't damaging your hearing, guard against nasty falls and more. Here we round up the watch's best health and wellbeing features.

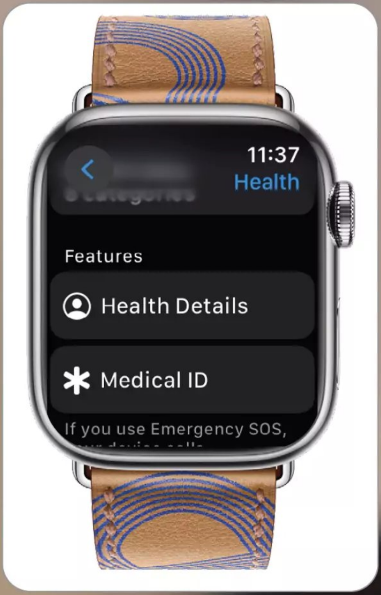
Cancel
POWER OFF
MEDICAL ID
SOS
EMERGENCY SOS

Health Settings

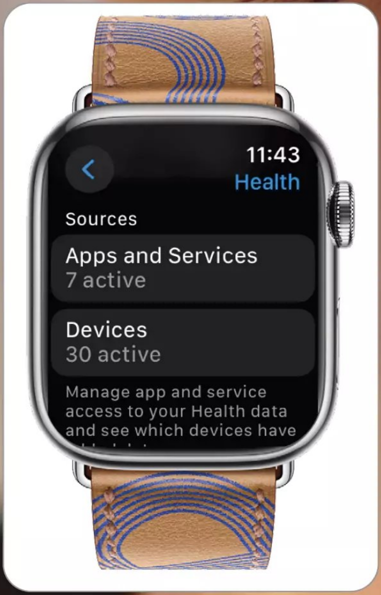
The Apple Watch doesn't have a Health app, but it does have a Settings page which you can use to check up on your health data, and edit your Medical ID. Here's how to explore the watchOS health settings.



11:34
Physical Effort
Last Entries
5.5 METs
27 Sep at 11:14 am
2.2 METs
27 Sep at 11:13 am
3.4 METs



11:37
Health
Features
Health Details
Medical ID
If you use Emergency SOS,



11:43
Health
Sources
Apps and Services
7 active
Devices
30 active
Manage app and service access to your Health data and see which devices have

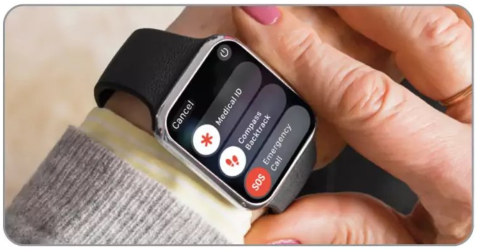
1 In the Settings app, open the Health option. Under Health Data, there's a range of categories such as Activity, Hearing and Heart. Tap one and you can review data such as headphone audio levels, how fast you climb the stairs and more.

2 Health Details collates information like your name, age, sex, blood type and more. Tap the Medical ID option for similar information, but also the chance to edit it. Scroll to the bottom of the screen and tap the Edit Medical ID button.

3 At the foot of the Health settings are sources of data. These include health-related apps which you've installed and linked with your iPhone's Health app, and devices you've paired with your iPhone which record health information.

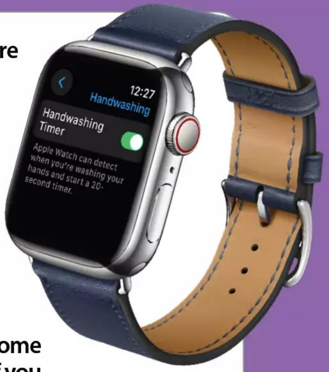
In Emergencies

Press and hold the Side Button for three emergency options. Swipe the Emergency SOS slider (or continue to hold the Side Button) to call the emergency services. If your watch doesn't have cellular services, your iPhone must be nearby. After the call, the watch sends your emergency contacts your location. Swipe the Medical ID slider to see your medical information. Compass Backtrack uses the Compass app to take you to the last location from where you could call the emergency services. All these features work even if your watch is locked.



Handwashing

Apple Watch has a Handwashing feature that helps you make sure you've washed for long enough. Open the Settings app and scroll down to the Handwashing option. Turn on the Handwashing timer and when the watch detects that your washing your hands, it starts a 20-second timer. Further down this page is another switch labelled Handwashing Reminders. If you turn this on, your watch detects when you've returned home and reminds you to wash your hands if you haven't done so within a minute or two of arriving.

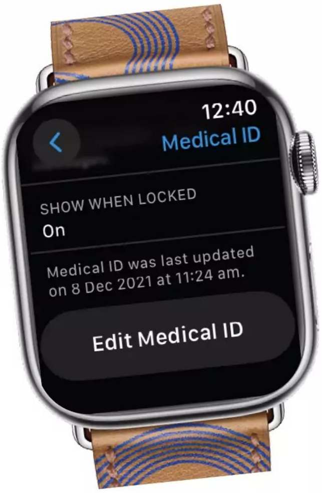


Handwashing Timer

Apple Watch can detect when you're washing your hands and start a 20-second timer.

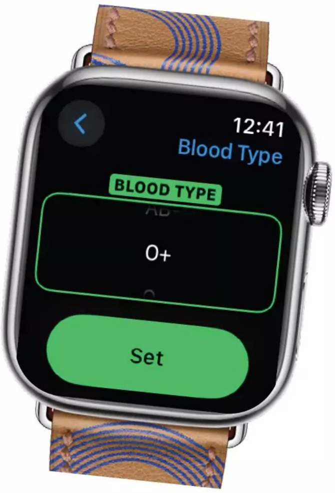
Editing Your Medical ID

It's a good idea to add as much information as possible to your Medical ID. In the event of an accident, the emergency services could find this data invaluable. You can do this on your iPhone or Apple Watch.

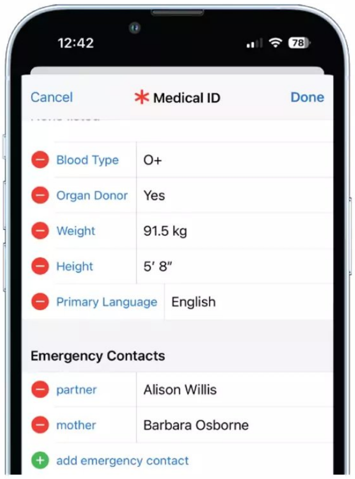


SHOW WHEN LOCKED
On

Medical ID was last updated on 8 Dec 2021 at 11:24 am.



O+



Blood Type	O+
Organ Donor	Yes
Weight	91.5 kg
Height	5' 8"
Primary Language	English

Emergency Contacts

partner	Alison Willis
mother	Barbara Osborne

1 To edit your Medical ID on your Apple Watch, open the Settings app, tap the Health option and then tap Medical ID. Scroll all the way to the bottom of the page, and tap the Edit Medical ID button found there.

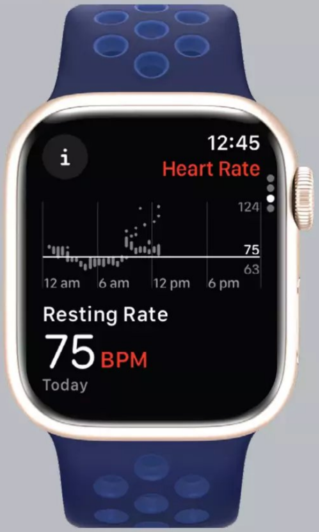
2 Tap an option in your Medical ID, and then you can edit it. Tap Add Emergency Contact and you can add someone from your Contacts app. Scroll up and down with the Digital Crown, then tap a contact to add them.

3 On your iPhone, open the Health app and tap your icon in the top-right corner. On the next page, tap Medical ID and then Edit, top-right corner. You can then add information, including Emergency Contacts.

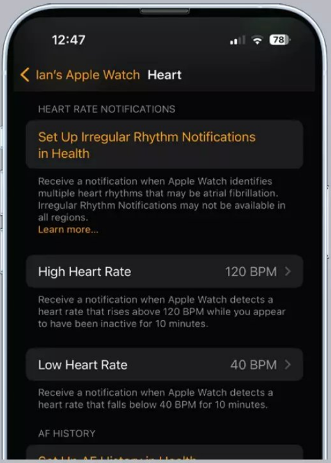
Check Your Heart

There's a trio of health apps on your Apple Watch that let you keep a check on your heart and blood: Heart Rate, ECG and Blood O_2. Here we show you how to how to access and use these useful applications.

Heart Rate



1 Open the Heart Rate app, and wait until it measures your heart rate. You're shown your current, resting and walking heart rate. Tap the 'i' icon to see more details on these measurements, taken over time.


Ian's Apple Watch **Heart**

HEART RATE NOTIFICATIONS

Set Up Irregular Rhythm Notifications in Health

Receive a notification when Apple Watch identifies multiple heart rhythms that may be atrial fibrillation. Irregular Rhythm Notifications may not be available in all regions.
Learn more...

High Heart Rate 120 BPM

Receive a notification when Apple Watch detects a heart rate that rises above 120 BPM while you appear to have been inactive for 10 minutes.

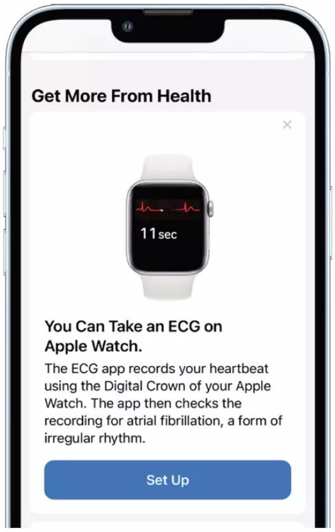
Low Heart Rate 40 BPM

Receive a notification when Apple Watch detects a heart rate that falls below 40 BPM for 10 minutes.

AF HISTORY

2 On your iPhone, open Apple Watch > My Watch > Heart. Under Heart Rate Notifications, you can set a high and low heart rate and have the app send you an alert if these figures are exceeded for ten minutes.

ECG


Get More From Health

You Can Take an ECG on Apple Watch.

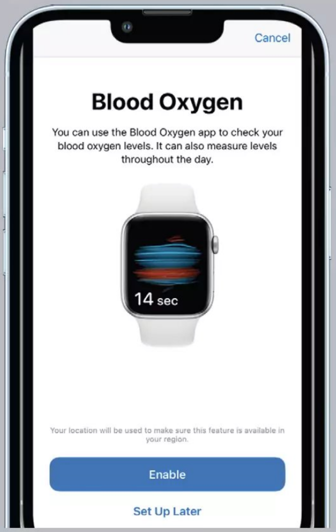
The ECG app records your heartbeat using the Digital Crown of your Apple Watch. The app then checks the recording for atrial fibrillation, a form of irregular rhythm.

1 You can take an electrocardiogram (ECG) on your Apple Watch. First open Health on your iPhone, and under the Summary tab, scroll down to the section on ECGs. Tap Set Up, and follow the on-screen instructions.

-- BPM
09:31
27 sec
Try not to move your arms.

2 When set-up is complete, open the ECG app on your watch, and hold your finger on the Digital Crown for 30 seconds without pressing it. Your ECG is recorded, and its results are available on your watch and iPhone.

Blood O_2

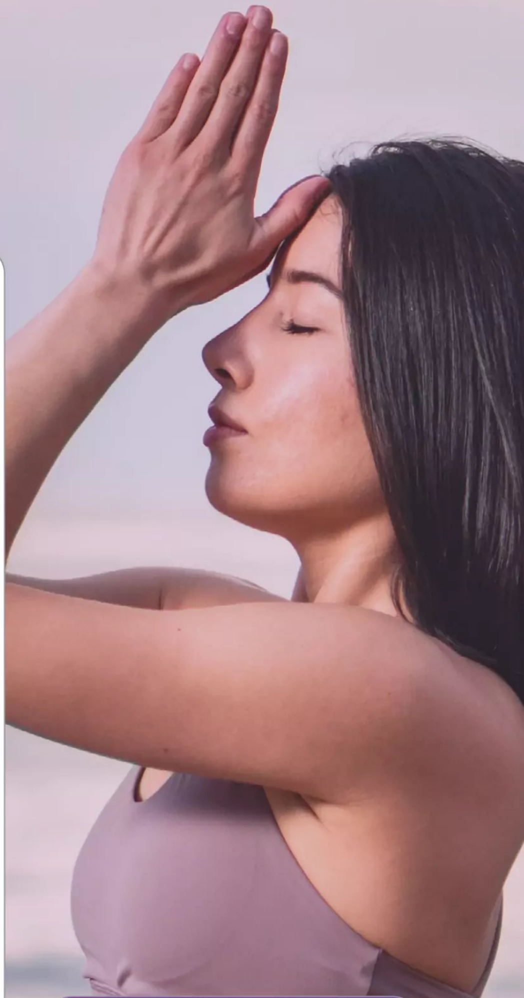

Blood Oxygen

You can use the Blood Oxygen app to check your blood oxygen levels. It can also measure levels throughout the day.

Your location will be used to make sure this feature is available in your region.

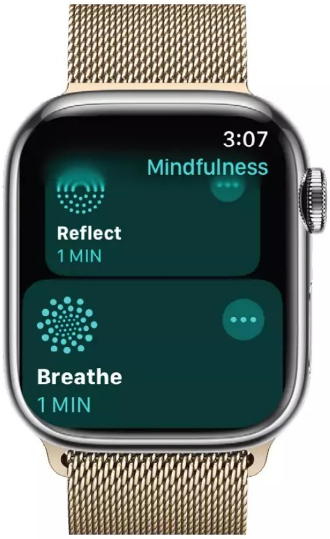
1 Apple Watch Series 6 and 7 can measure blood oxygen levels. On your iPhone, go to Health > Browse tab > Respiratory > Blood Oxygen, and tap Enable. Follow the on-screen instructions to set it up.

2 On your watch, open the Blood O_2 app and tap Start. Keep your wrist straight while the timer counts down from 15 seconds. You're then given your blood oxygen rating. You can review your readings in the iPhone's Health app.

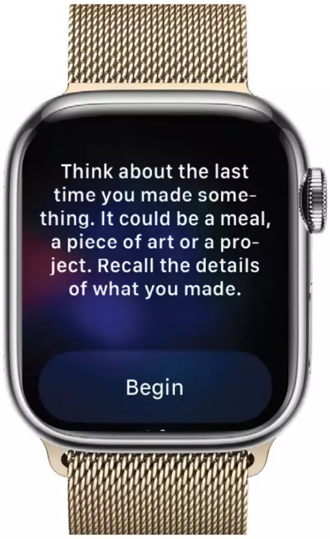


Mindfulness

The Mindfulness app gives you the chance to 'focus, connect and centre as you breathe'. Here's how to make the most of it.

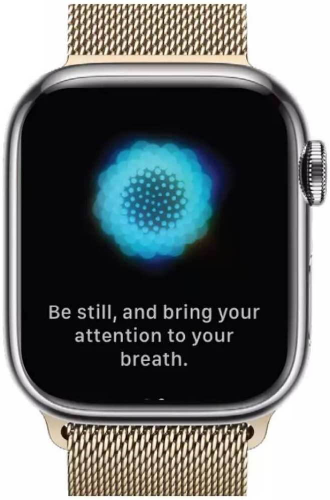


1 Open the app and you're offered three options; State of Mind, Reflect and Breathe. Tap the three-dots icon next to Reflect or Breathe to read tips on using the feature. Tap Duration at the top of these tips to change how long it takes.



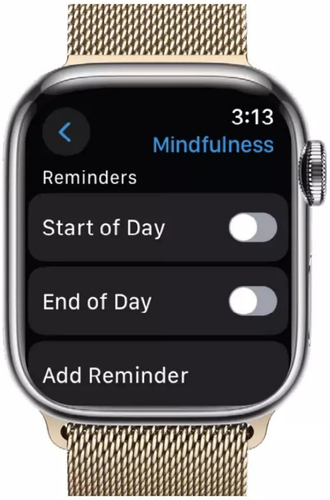
Think about the last time you made something. It could be a meal, a piece of art or a project. Recall the details of what you made.

2 Choose the Reflect option, and it gives you something to think about before showing a beautiful pattern on the screen. If you want to end the session before the set duration is met, swipe right and tap End.



Be still, and bring your attention to your breath.

3 Choose the Breathe option and focus your breathing in time with the pattern on the screen as it grows and shrinks. Again, swipe right and tap End to finish early. If you use the Breathe watch face, tap it to start a session.



3:13
Mindfulness

Reminders

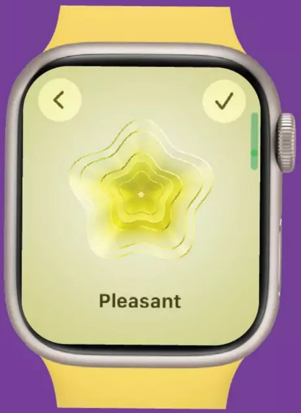
Start of Day ○

End of Day ○

Add Reminder

4 Go to Settings > Mindfulness to set up reminders, get a notification of your weekly summary, mute these reminders for a day and more. With Apple Fitness+, you can listen to guided Meditations on Apple Watch.

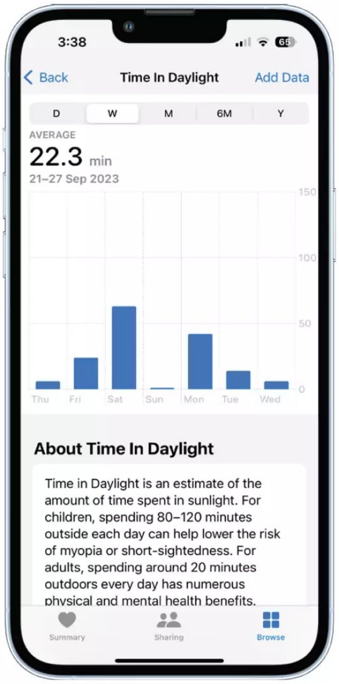
State of Mind



Introduced with watchOS 10, the State of Mind feature lets you log your moods. Choose whether to add a feeling for today or right now, then scroll through the emotions with the Digital Crown. Tap the tick to record your current mood.

Vision Health

Looking after your eyesight is very important, especially for the young. The International Myopia Institute recommends children spend at least 80-120 minutes outside during daylight hours. You can use the Apple Watch's ambient light sensor to record time spent outside, and review the information on an iPhone or iPad. In the iPhone's Health app, go to Browse > Mental Wellbeing > Time in Daylight to see how much time you're spending in daylight. If you find yourself outside during the day without your Apple Watch, you can tap Add Data (top right) and add the time spent outdoors manually.

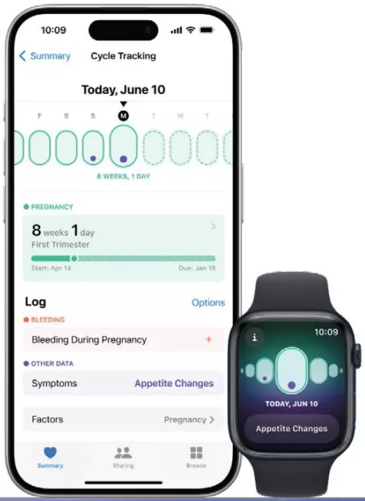

3:38
Back
Time In Daylight
Add Data
D
W
M
6M
Y
AVERAGE
22.3 min
21–27 Sep 2023
150
100
50
0
Thu
Fri
Sat
Sun
Mon
Tue
Wed
Summary
Sharing
Browse

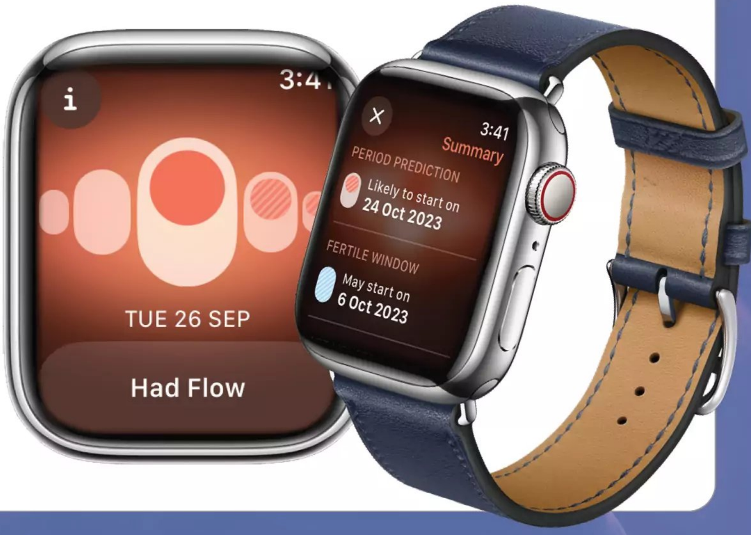
About Time In Daylight

Time in Daylight is an estimate of the amount of time spent in sunlight. For children, spending 80–120 minutes outside each day can help lower the risk of myopia or short-sightedness. For adults, spending around 20 minutes outdoors every day has numerous physical and mental health benefits.

Cycle Tracking

The Cycle Tracking app lets you log details of your menstrual cycle, identifying on which days you menstruated, how heavy the flow and whether you suffered symptoms associated with menstrual and pre-menstrual conditions. After a few months it can predict the start of the next period and fertile windows. Open the app on your Apple Watch and follow the on-screen instructions to add data. Tap Options and you can turn individual options on and off, such as Period Predictions, Fertility Predictions, and Heart Rate Data. Starting with watchOS 11, information for pregnant people is improved, such as gestational age. You can log symptoms for things frequently experienced during pregnancy too.


10:09
Summary
Cycle Tracking
Today, June 10
F
S
S
M
T
W
T
8 WEEKS, 1 DAY
PREGNANCY
8 weeks 1 day
First Trimester
Start: Apr 14
Due: Jan 19
Log
Options
BLEEDING
Bleeding During Pregnancy
OTHER DATA
Symptoms
Appetite Changes
Factors
Pregnancy
Summary
Sharing
Browse
10:09
TODAY, JUN 10
Appetite Changes


3:4
TUE 26 SEP
Had Flow
3:41
Summary
PERIOD PREDICTION
Likely to start on
24 Oct 2023
FERTILE WINDOW
May start on
6 Oct 2023

Fall Detection

Close 10:09

It looks like you've taken a hard fall.

SOS EMERGENCY SOS

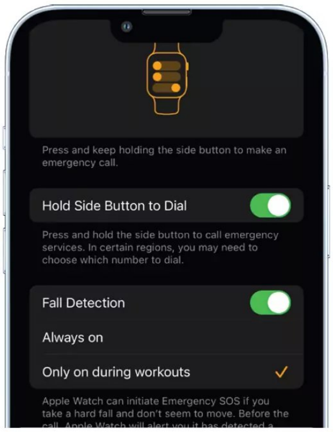
I'm OK

mergency SOS calls

Using Fall Detection

If you own an Apple Watch SE or Apple Watch Series 4 or later, it can detect if you've taken a nasty tumble. A haptic gives you a little buzz on the wrist, an alarm sounds and a message on the watch face asks if you want to call the emergency services. If you do, swipe the Emergency SOS switch. If not, tap the 'I'm OK' button. Should you remain immobile after a fall for around a minute, a 30-second countdown begins, during which it buzzes your wrist and an alert sounds, which increases in volume. Tap Cancel to stop the countdown. If you don't, your Apple Watch automatically calls the emergency services and messages your emergency contacts (from your Medical ID), with your location. Falls are recorded in your Health app on your iPhone, unless you tap the option saying you didn't fall after all (a false positive).

Turning Fall Detection On and Off


Press and keep holding the side button to make an emergency call.

Hold Side Button to Dial

Press and hold the side button to call emergency services. In certain regions, you may need to choose which number to dial.

Fall Detection

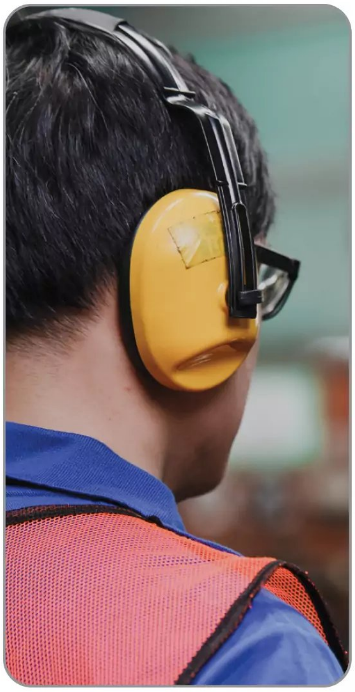
Always on

Only on during workouts ✓

Apple Watch can initiate Emergency SOS if you take a hard fall and don't seem to move. Before the

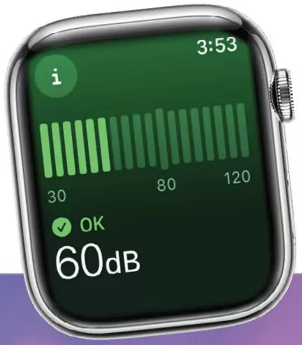
To turn off Fall Detection, on your iPhone, open the Watch app and tap the My Watch tab. Scroll down the page to the Emergency SOS section and tap it. Tap the Fall Detection switch to turn it on and off, and with it on, decide whether it should always be on or only during workouts.

Too Loud?



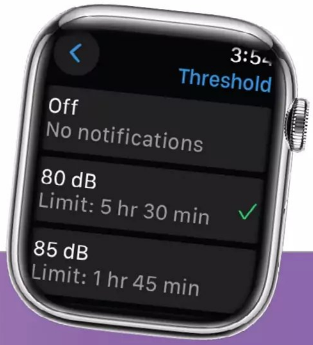
The Noise App

If you're worried your environment is too noisy and it might damage your hearing, open the Noise app on your Apple Watch. The first time you do it, the environmental sound measurements are off; tap the Open Settings button and then the Environmental Sound Measurements option. On the next screen, tap the switch marked Measure Sounds to turn on the service. With the Environmental Sound Measurements option on, when you open the Noise App it shows you how loud the ambient sounds are in your current whereabouts, and whether this should be a matter for concern. Scroll up and tap Learn More, for information on decibel levels and their potential for damaging your hearing.



Threshold Notifications

You can have the Apple Watch give you notifications if environmental noise reaches a certain level. Open the Settings app and tap the Noise option. You can turn off the feature again by tapping Environmental Sound Measurements and tapping the Measure Sounds switch. Alternatively, if you tap the Noise Notifications option, you can set how loud the sound has to be before you get a notification. Choose from turning notifications off altogether, or have them set at a noise level between 80 and 100 decibels. On this screen, you're also shown how long you can safely spend in an environment where the sound reaches these levels.


Threshold

Off
No notifications

80 dB
Limit: 5 hr 30 min ✓

85 dB
Limit: 1 hr 45 min

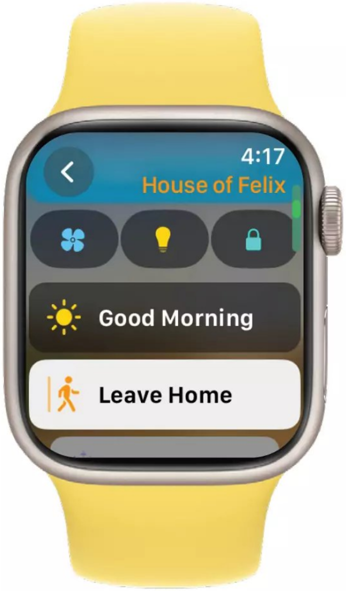
Controlling Home Gadgets

On your iPhone, the Home app can help you control your various HomeKit-compatible smart home gadgets, such as cameras, lights, locks, thermostats and more. The Home app has an Apple Watch app too, so you can control these things directly from your wrist, as soon as you've set up your home on your iPhone.

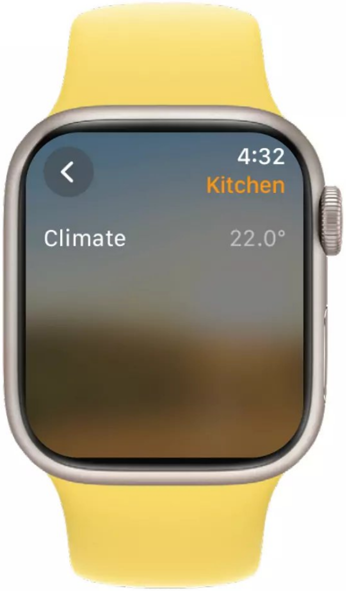
4:44
Scenes
Good Morning
Leave Home
Approach Loft

Gleaning Information

The Home app gives quick and easy access to your HomeKit devices. It also learns from what you do and brings the most-used devices to the fore.

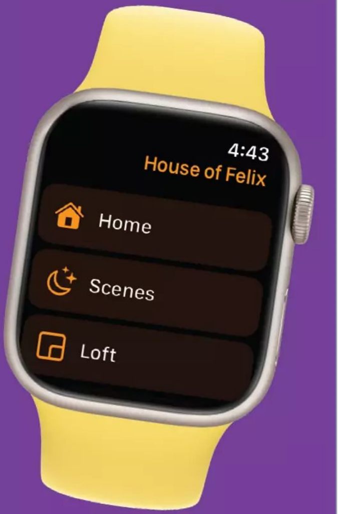

4:17
House of Felix
Good Morning
Leave Home

1 The buttons on the Home app's front page are categories of Home gadgets. In this case they're Climate, Lights and Cameras. Tap one for a list of gadgets in that particular category you've set up.


4:32
Kitchen
Climate
22.0°

2 Tap the Climate button and any HomeKit-enabled sensors you have installed give you information such as temperature, humidity and more. What info is given depends on the sensor in question.

Rooms & Categories

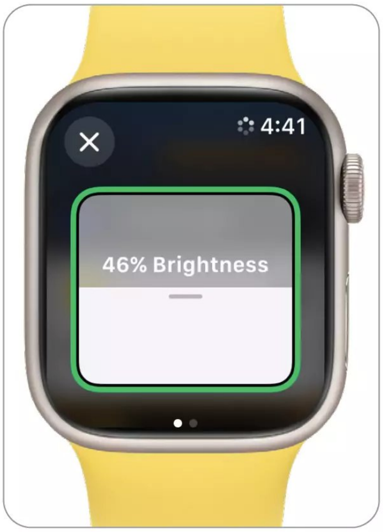

4:43
House of Felix
Home
Scenes
Loft

Open the Home app and scroll up, past your home page gadgets. You'll see categories such as Cameras and Favourites, and designated rooms such as Kitchen and Living Room. Tap these to see all the HomeKit devices that fall into these categories; whether they're presented at the top of your list or not.

Using HomeKit Devices

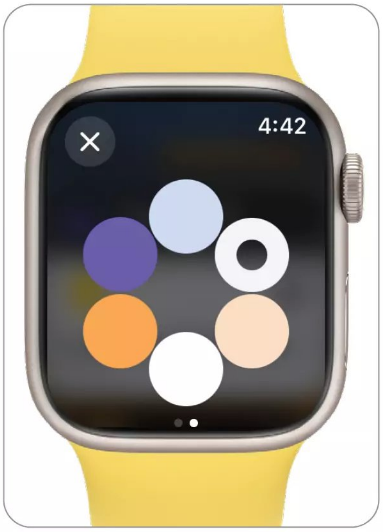
How you use the Home app on your Apple Watch greatly depends on what individual devices you have set up. Here's a short guide to some individual appliances and how they work.

Lights – Brightness



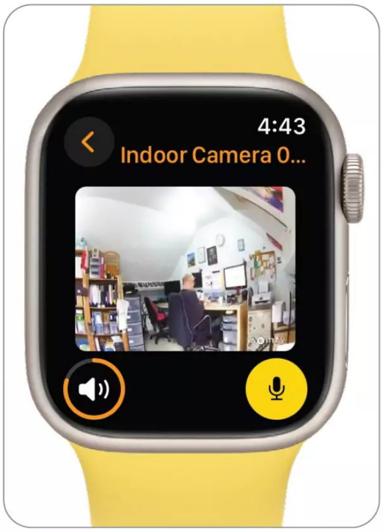
Tap the light in the Home app to turn it on and off. To change the brightness on a HomeKit smart light, tap the three-dots icon and scroll the Digital Crown.

Lights – Colour



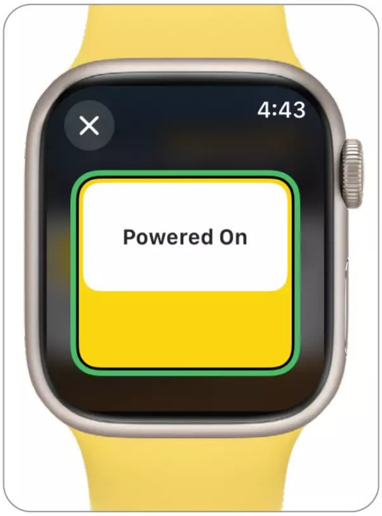
If the lights in question can change colour, tap the three-dots icon, swipe the screen left and then tap the colour you wish to use. Colours may vary.

Cameras



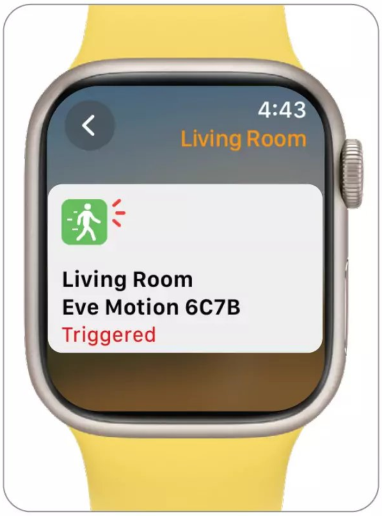
With a HomeKit camera, your Home app might (depending on the camera), let you zoom in and out or change the volume with the Digital Crown.

Smart Plug



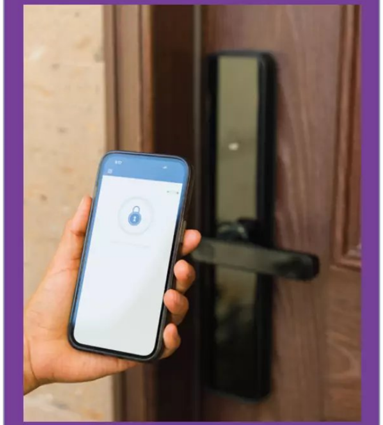
You can control a smart plug from your watch by tapping it on the Home app's opening screen, or tapping the three-dots icon and using the Digital Crown.

Motion Sensor



Registering a motion sensor with your Home app gives you an alert when motion is detected. Just the thing for keeping an eye on the house when you're away.

Home Keys

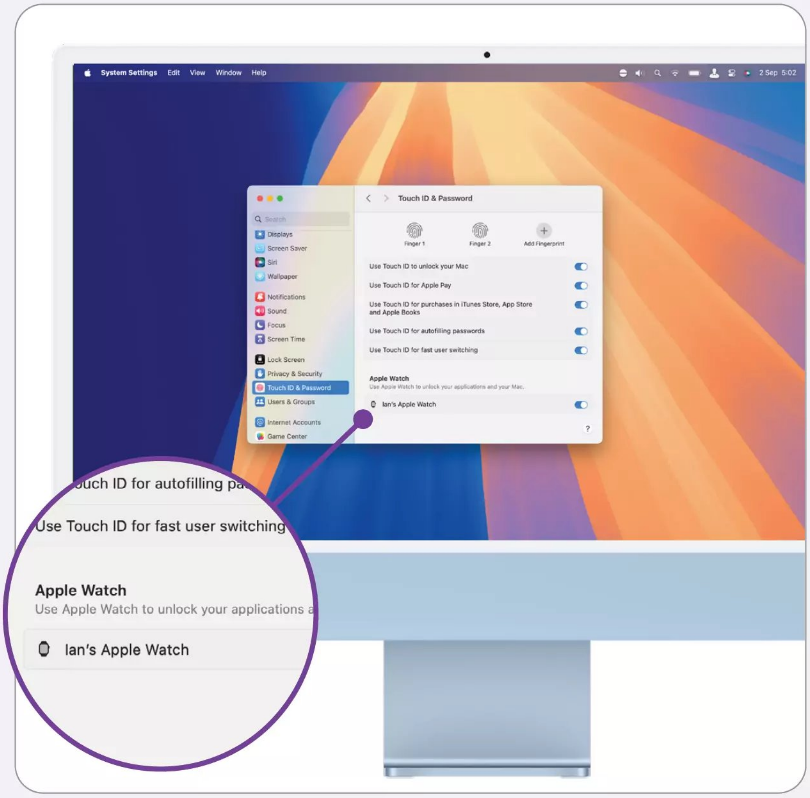


A feature introduced with watchOS 11, Home Keys lets you unlock your door with your Apple Watch as you approach it. You don't need to wave your watch at the lock. This feature requires a smart lock that supports Ultra Wideband Technology.

Unlock Your Mac with Watch

Ian's MacBook Air
Unlocked by this
Apple Watch

If your Mac is recent enough, it's possible to unlock it using your Apple Watch. If your Mac has gone to sleep, it senses when you – and your watch – are nearby and automatically awakens. You can also use your watch rather than typing your administrator password. You still need your password after restarting your Mac, though.


System Settings
Edit
View
Window
Help
2 Sep 5:02
Search
Displays
Screen Saver
Siri
Wallpaper
Notifications
Sound
Focus
Screen Time
Lock Screen
Privacy & Security
Touch ID & Password
Users & Groups
Internet Accounts
Game Center
Finger 1
Finger 2
Add Fingerprint
?

Touch ID & Password

Use Touch ID to unlock your Mac

Use Touch ID for Apple Pay

Use Touch ID for purchases in iTunes Store, App Store and Apple Books

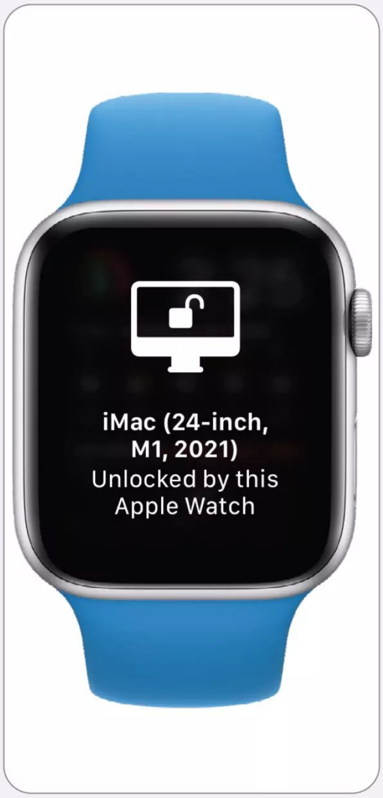
Use Touch ID for autofilling passwords

Use Touch ID for fast user switching

Apple Watch

Use Apple Watch to unlock your applications and your Mac.

Ian's Apple Watch


iMac (24-inch,
M1, 2021)
Unlocked by this
Apple Watch

1 To unlock your Mac with your watch you can use any model of Apple Watch, as long as it's running watchOS 3 or later. Your Mac must be running macOS Sierra or later, and be reasonably new. On your Mac, open System Preferences > Touch ID & Password.

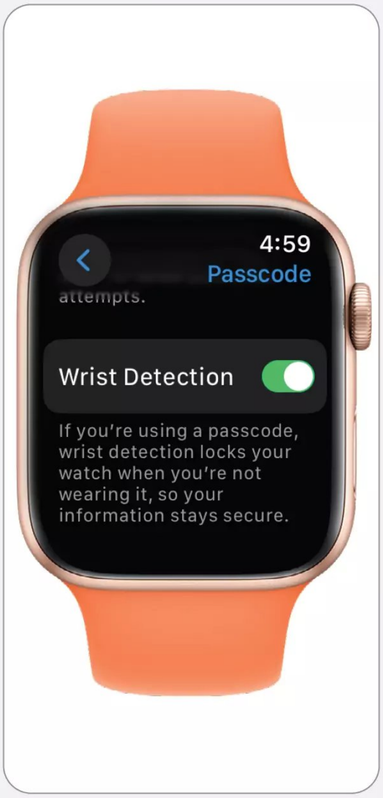
2 Under the heading 'Apple Watch', click the switch next to your current Apple Watch. If it isn't there, your Mac's too old for this feature. Your iPhone and Apple Watch must be nearby and unlocked. Enter your Mac's password when asked, and wait until the feature is switched on.

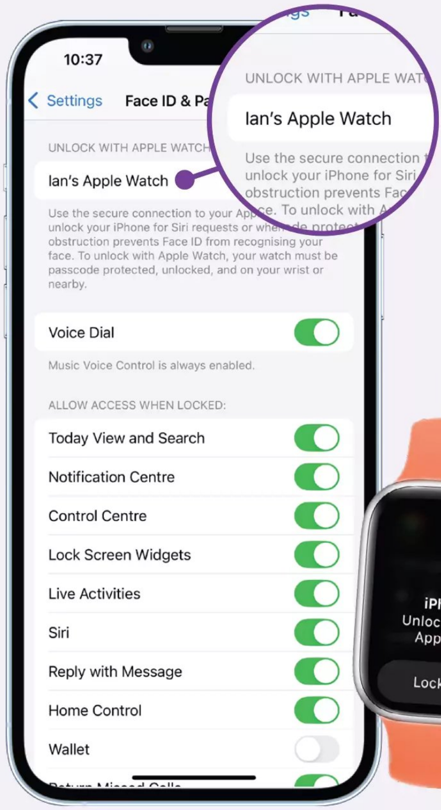
3 From now on, when your Mac is asleep and you approach it with your Apple Watch unlocked and on your wrist, it wakes up. Your watch vibrates and you get a message. To turn this feature off, go back to System Preferences > Security & Privacy > General and uncheck the box.

Unlock Your iPhone with Watch

Face ID is a great iPhone feature, but if your face is covered, maybe by a covid mask, it simply won't work. That's where unlocking your iPhone with your Apple Watch comes in. You'll need an Apple Watch Series 3 or later, running watchOS 7.4 or later, paired with an iPhone with Face ID (iPhone X or later), running iOS 14.5 or later.

iPhone (2)
Unlocked by this Apple Watch
Lock iPhone


4:59
Passcode
attempts.
Wrist Detection ●
If you're using a passcode, wrist detection locks your watch when you're not wearing it, so your information stays secure.


10:37
Settings   Face ID & Pa

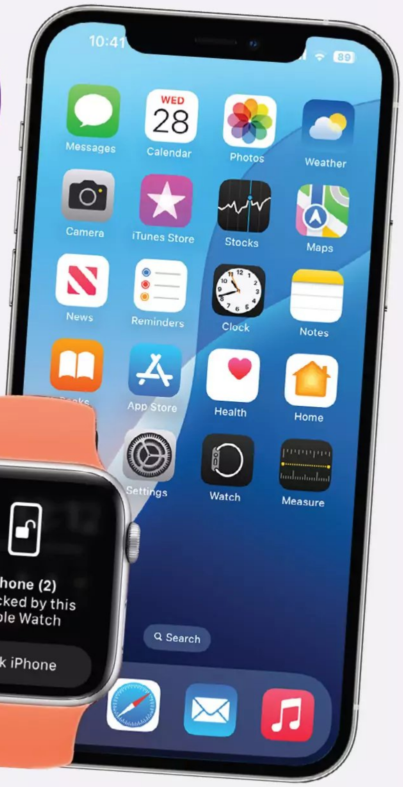
UNLOCK WITH APPLE WATCH
Ian's Apple Watch

Use the secure connection to your Ap… e. To unlock with A… unlock your iPhone for Siri requests or whe… de protect… obstruction prevents Face ID from recognising your face. To unlock with Apple Watch, your watch must be passcode protected, unlocked, and on your wrist or nearby.

Voice Dial ●
Music Voice Control is always enabled.

ALLOW ACCESS WHEN LOCKED:
Today View and Search ●
Notification Centre ●
Control Centre ●
Lock Screen Widgets ●
Live Activities ●
Siri ●
Reply with Message ●
Home Control ●
Wallet ○

UNLOCK WITH APPLE WAT
Ian's Apple Watch
Use the secure connection t
unlock your iPhone for Siri
obstruction prevents Fac


10:41
WED 28
Messages
Calendar
Photos
Weather
Camera
iTunes Store
Stocks
Maps
News
Reminders
Clock
Notes
App Store
Health
Home
Settings
Watch
Measure
Search
iPhone (2)
Unlocked by this Apple Watch
Lock iPhone

1 For this function to work, both your Apple Watch and your iPhone must have Wi-Fi and Bluetooth turned on, though you don't need to be connected to a network. Your Apple Watch must be on your wrist and unlocked, and it must have Settings > Passcode > Wrist Detection turned on.

2 To set up Unlock Your iPhone with Apple Watch on your iPhone, open the Settings app and then tap Face ID and Passcode. Type your passcode, and then turn on Unlock with Apple Watch. If you're asked to turn on Wrist Detection, do so now on your Apple Watch.

3 With the feature switched on, even when your face is covered, you can unlock your iPhone by simply raising it or tapping its screen. You get a haptic feedback from your watch, and a message on the screen. When the lock springs open, you can swipe the screen up on your iPhone to start using it.

PCalc
15:24
85
C
7 %
8 ×
9 +
4 ±
5 ÷
6 −
1 M+
2 M−
3 MR
0
.
=

Third-Party Apps on Watch

There are some great third party apps on the app store, most of which are Apple Watch components for iPhone apps. Download and install some of them and you can really stretch what your Apple Watch can do. In this section, we take a look at some of the best, whether they're practical utilities, helpful for information or just a bit of fun.

Learn more >

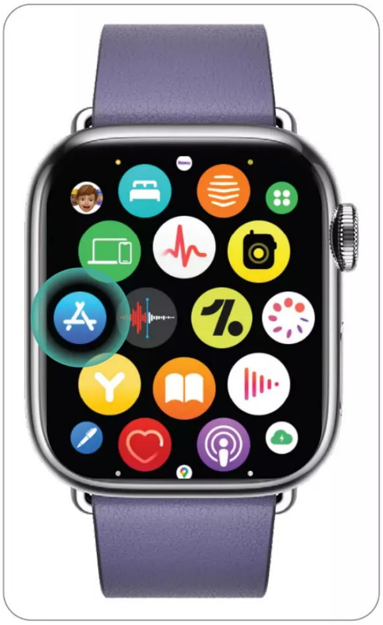
Download and Install Watch Apps

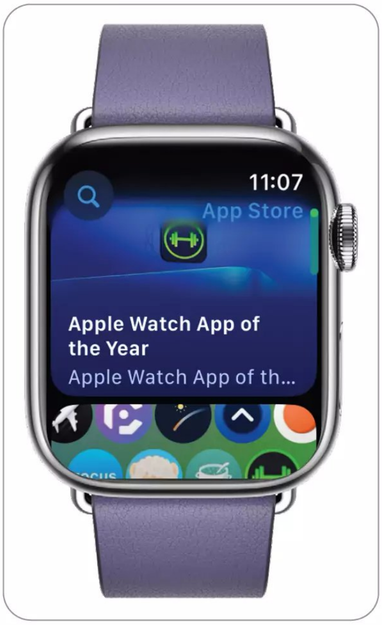
You can get all sorts of third-party apps for your Apple Watch; you're definitely not limited to the ones that are bundled with watchOS and available to you as soon as you start using your Apple Watch. Here we show you how to choose and download an app from your watch, and also from your iPhone.

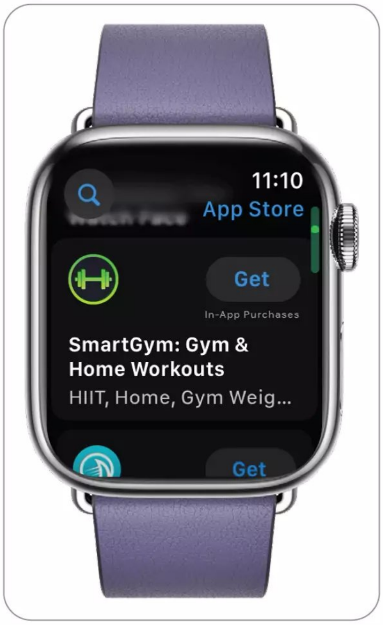
11:20
App Store
Apple Watch
Starter Kit

On Your Watch

You can download and install apps directly from your Apple Watch, using the watchOS App Store. There's an app for almost everything, such as watching the night sky, staying hydrated, watching the weather and more.



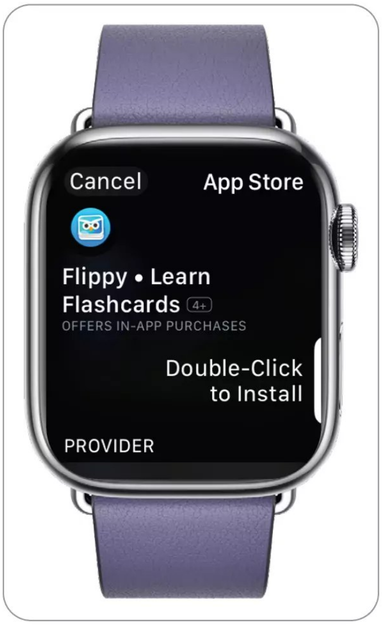

11:07
App Store
Apple Watch App of the Year
Apple Watch App of th...


11:10
App Store
Get
In-App Purchases
SmartGym: Gym & Home Workouts
HIIT, Home, Gym Weig...
Get

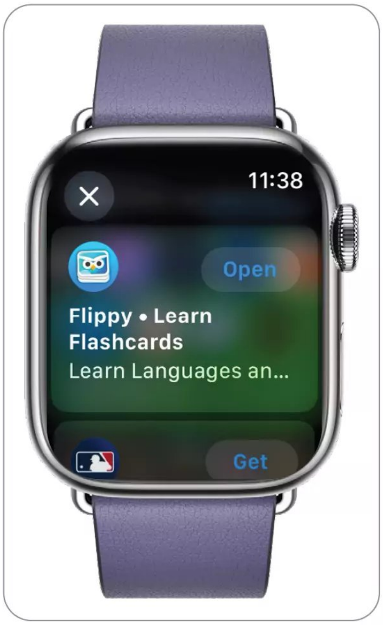
1 First of all, on your Apple Watch, Press the Digital Crown for your app picker and then look for the App Store app; it's the same white 'A' on a blue background as the iPhone's App Store. When you've found it, tap the icon to open the App Store on your watch.

2 At the top-left corner of the App Store page is a search icon. Tap it to look for an app, or for a keyword like 'sports' or 'weather'. Alternatively, scroll up and down with the Digital Crown and look at what's on offer. Tap a round-up banner to see a group of apps chosen by Apple.

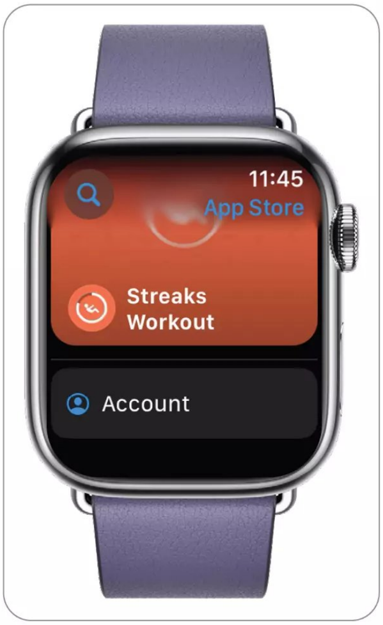
3 Just like on the iPhone, if an app has a button marked 'Get', it can be downloaded and used for free (though there may be in-app purchases for some features). If it has a price, it's paid for. If it has a cloud logo, you've downloaded it before, and don't have to pay again.


Cancel
App Store
Flippy • Learn Flashcards 4+
OFFERS IN-APP PURCHASES
Double-Click to Install
PROVIDER

4 When you've clicked an app's download button ('Get', a price or a cloud), you're told to double-click the Side Button to install it. Do so, then enter your passcode and Apple ID if asked. The app then downloads and installs on your Apple Watch.


11:38
Open
Flippy • Learn Flashcards
Learn Languages an...
Get

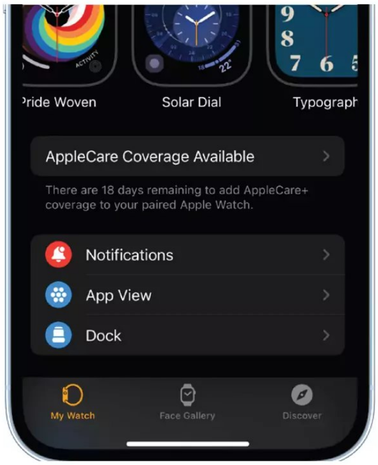
5 When your app has installed on your Apple Watch, its download button on the App Store is now marked 'Open'. Tap it to launch the app, or alternatively, press in the Digital Crown to go to the App Launcher, and tap its icon from there as usual.


11:45
App Store
Streaks Workout
Account

6 Open the Apple Watch App Store and scroll all the way to the bottom for a button marked, 'Account'. Tap it to give access to pages showing apps you've purchased, subscriptions associated with your account and updates that are available.

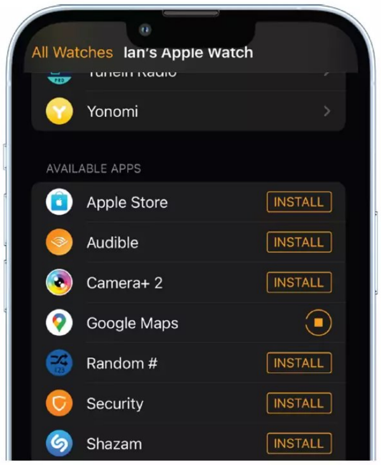
On Your iPhone

You can also use your iPhone to install Watch apps associated with apps you have on your phone, or have them install automatically when you download an iPhone app with a companion app for your Apple Watch.

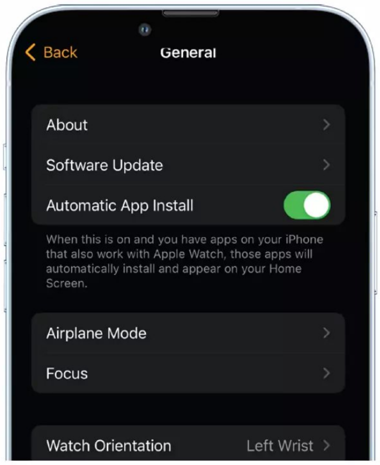

Pride Woven
Solar Dial
Typograph
AppleCare Coverage Available
Notifications
App View
Dock
My Watch
Face Gallery
Discover

There are 18 days remaining to add AppleCare+ coverage to your paired Apple Watch.

1 If you have apps on your iPhone that have a companion app on your Apple Watch, but haven't downloaded and installed the watch version, open your iPhone's Watch app and tap My Watch at the foot of the screen.


All Watches
Ian's Apple Watch
TuneIn Radio
Yonomi
AVAILABLE APPS
Apple Store INSTALL
Audible INSTALL
Camera+ 2 INSTALL
Google Maps
Random # INSTALL
Security INSTALL
Shazam INSTALL

2 On this screen, scroll all the way down to the bottom. Here you'll see a list of apps on your Phone that you can also use on your watch. Tap the Install button next to one to download and install it on your Apple Watch.


Back
General
About
Software Update
Airplane Mode
Focus

Automatic App Install ●

When this is on and you have apps on your iPhone that also work with Apple Watch, those apps will automatically install and appear on your Home Screen.

Watch Orientation Left Wrist

3 Go to Watch > My Watch > General. There's a switch marked Automatic App Install – it's on by default. With it on, watch companion apps are automatically installed on your Apple Watch when you install their iPhone apps.

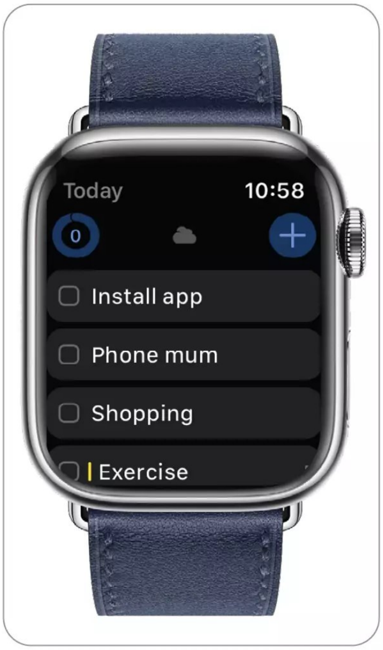
Things for Getting Stuff Done

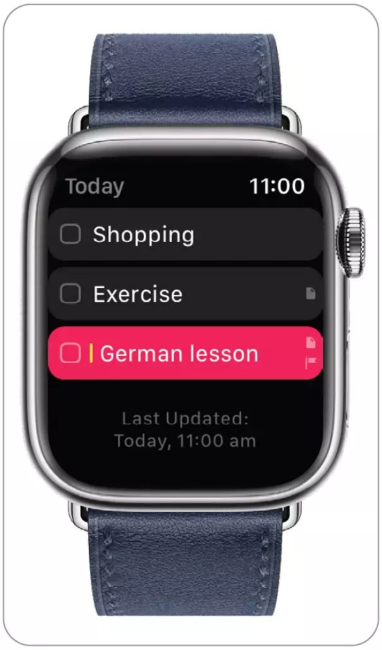
Things is one of the most respected GTD (getting things done), apps that's available for Apple gear. You can get it on the Mac, iPad, iPhone and Apple Watch. Install the iPhone app, and if it doesn't install on your watch automatically, go to the iPhone's Watch app and install it from the My Watch tab.

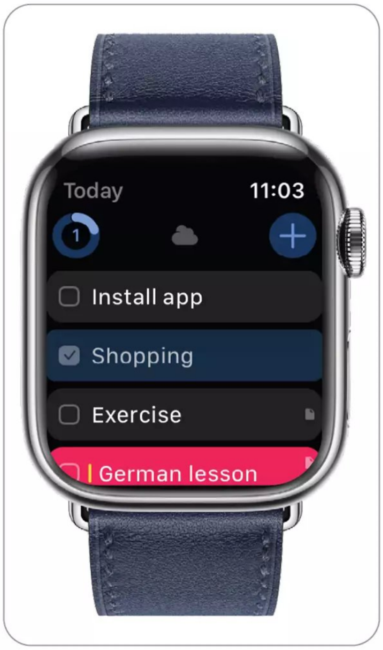
12:04
German lesson
With Duolingo
Wed, 27 Sep
1 day ago

Marking Things Done

The Things app on your Apple Watch shows what's currently listed in the Today section of your iPhone Things app. Tasks added on your iPhone (or other Apple devices, if you have them all synced), can be reviewed on your watch.


Today
10:58
0
Install app
Phone mum
Shopping
Exercise


Today
11:00
Shopping
Exercise
German lesson
Last Updated:
Today, 11:00 am

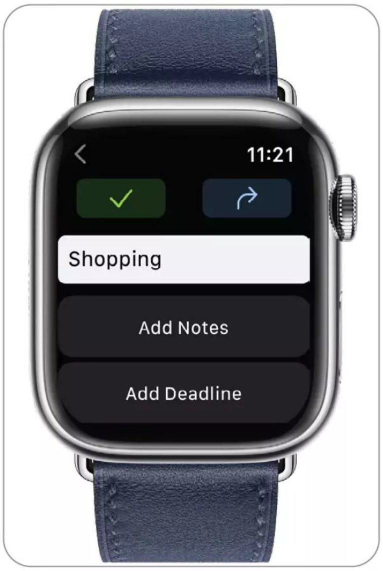

Today
11:03
1
Install app
Shopping
Exercise
German lesson

1 On your Apple Watch, launch the Things app. You'll see a list of currently open things entries, as found in the Today section of your iPhone's Things app. When a cloud is showing at the top of the screen, the app is syncing.

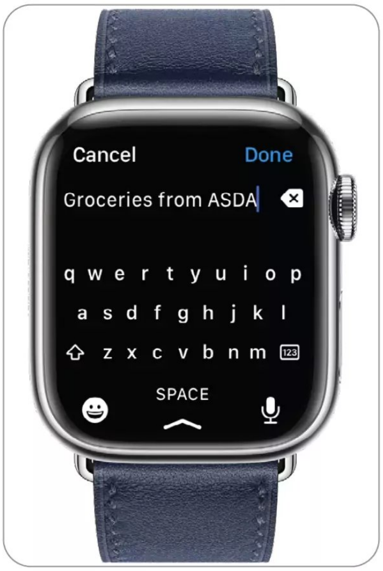
2 Scroll up and down the list using the Digital Crown. If a thing has a page icon on its right, this means it has notes associated with it. A thing that has a set time for completion is displayed on a red background.

3 To mark a thing as done, tap the checkbox found to its left. The checkbox is ticked, and the thing disappears. The number in the top-left corner of the screen shows the number of things you've completed, that is, ticked in this way.

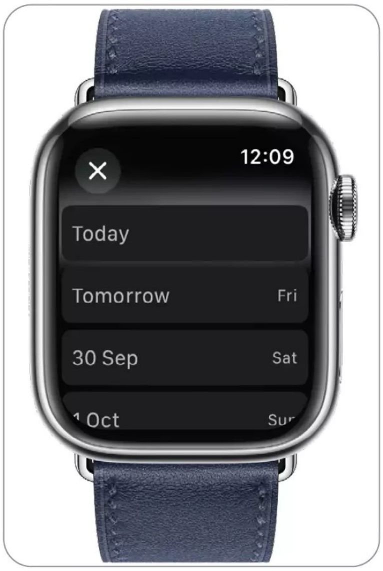
Adding and Editing Things


11:21
Shopping
Add Notes
Add Deadline

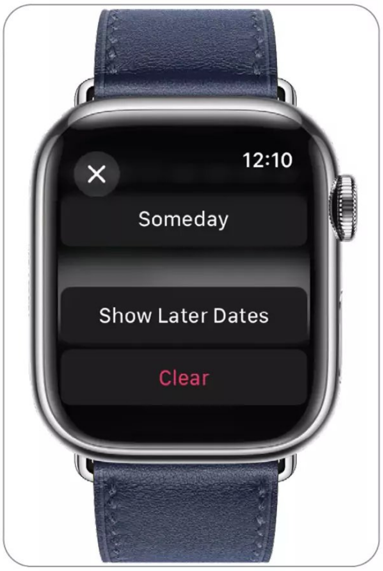
1 To open a thing, tap it anywhere other than the checkbox on its left. Tap the green tick in the top-left corner to mark it done. Tap the arrow in the top-right corner and you can postpone it by adding a to-do date in the future.


Cancel
Done
Groceries from ASDA
q w e r t y u i o p
a s d f g h j k l
z x c v b n m
SPACE

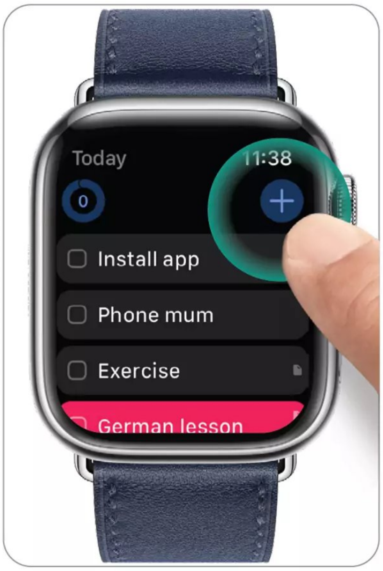
2 Tap the Add Notes or Append Notes button and you can add a note to your thing, or edit a note that's already been added. To do this, you can use the virtual keyboard, the mic icon to dictate it or swipe up for the Scribble feature.


12:09
Today
Tomorrow
Fri
30 Sep
Sat
1 Oct
Sun

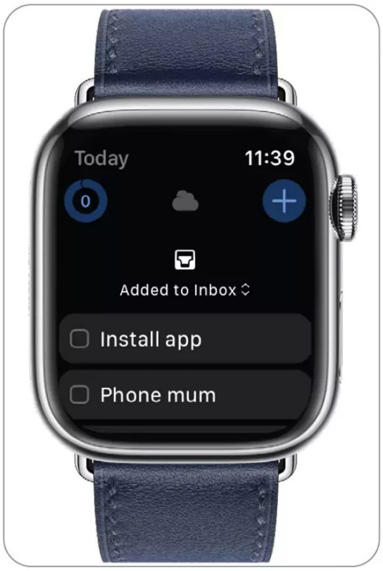
3 The Add Deadline button gives the same options as the top-right arrow. Tap a date to move the thing to that day. Scroll up for dates farther into the future. Tap a 'week' button to expand it, so you can pick a specific date within that week.


12:10
Someday
Show Later Dates
Clear

4 The Show More button gives you dates further into the future, so you can postpone it for a long while. The Clear button (found only on the screen accessed with the blue arrow), cancels the to-do without marking it as done.


Today
11:38
0
Install app
Phone mum
Exercise
German lesson

5 To add a new to-do to your Things app, tap the blue plus sign in the top-right corner of the first screen, the one listing your tasks. Again, you can use the virtual keyboard (if your watch is new enough), dictation or Scribble to title it.


Today
11:39
0
Added to Inbox
Install app
Phone mum

6 The to-do is added to your Things Inbox, but if you tap the 'Added to Inbox' message before it disappears, it's moved to your Today section instead. You can also use Siri to add to-dos; press and hold the digital crown and speak it.

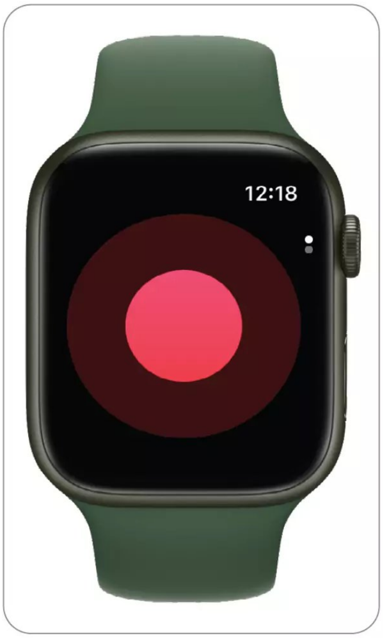
The Just Press Record App

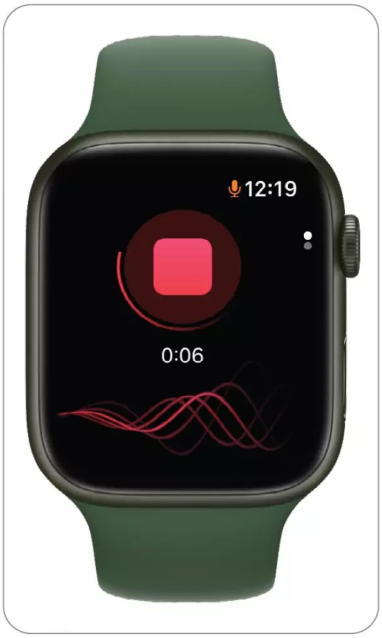
There are numerous reasons why you'd want to make a quick audio recording. Maybe there's been an accident and you want to record a conversation as evidence. Perhaps you want to record an announcement for later review. Or you might want to make a voice memo so you don't forget something. Just Press Record is ideal.

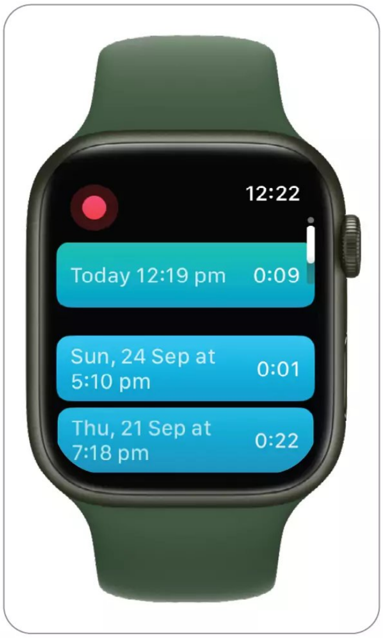
Recents
17:04
Today 17:00
8 seconds

Making Recordings

With Just Press Record, you don't have to reach into your pocket and get your iPhone to make a recording. Instead, you can start recording using your Apple Watch, which is much more convenient and discreet.



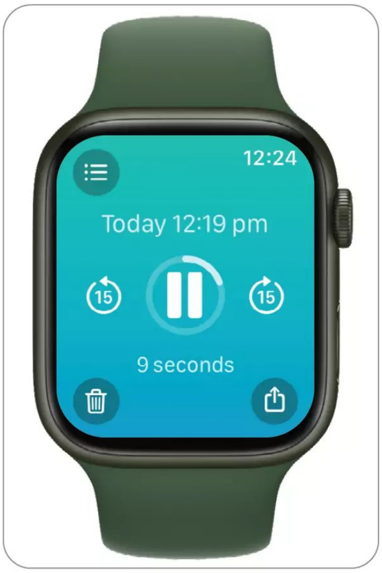




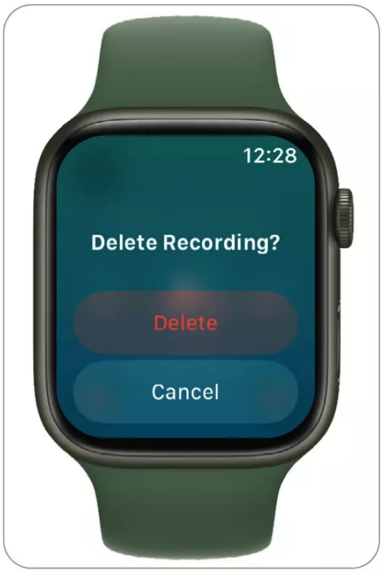
1 On your Apple Watch, launch the Just Press Record app. You'll see a big red circular button. This is the record button. Tap it to begin making an audio recording from your Apple Watch, which can be played back later.

2 While the recording is active, the circular button becomes a square with a red line orbiting it. A wave form at the bottom of the screen reacts to incoming audio, and the length of the recording is shown in the top-left corner.

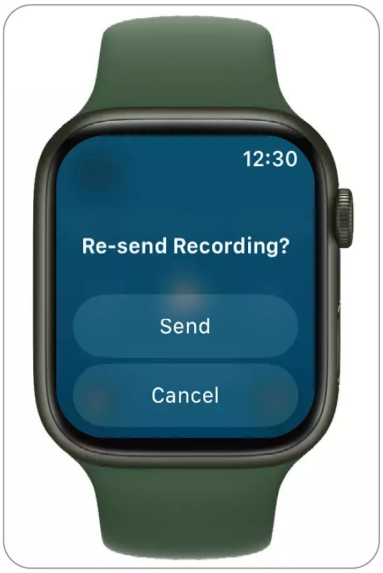
3 Tap the red square to stop recording and return to the screen with the red circle button. Tap it to start a new recording, or swipe up to get to this screen, which lists your recordings. Tap one to get to a screen where you can play it.


12:24
Today 12:19 pm
15
15
9 seconds

4 Tap the button in the centre of the screen to play and pause the memo. The two smaller buttons either side move the recording 15 seconds forward or backward. The timer below the buttons show how long it's been playing.

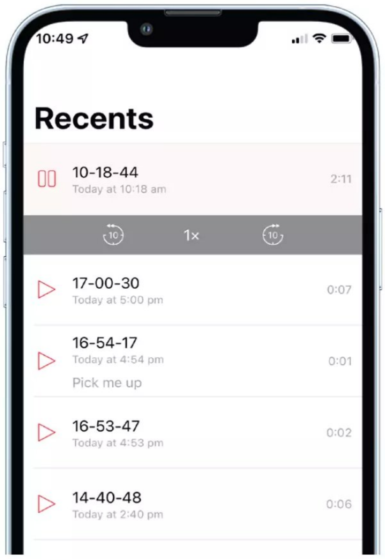

12:28
Delete Recording?
Delete
Cancel

5 The three-lines icon in the top left corner of the play screen takes you back to your list of messages; the most recent ten are stored on your Apple Watch. The dustbin icon (bottom left) lets you delete a message that you no longer need.

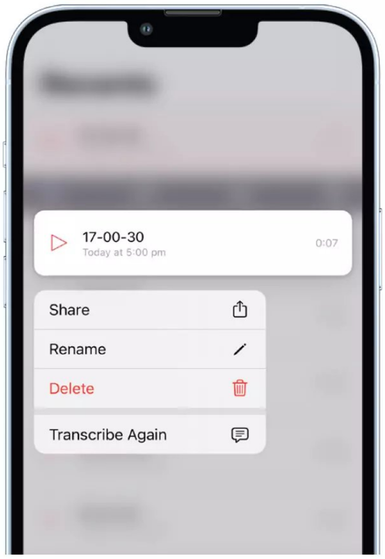

12:30
Re-send Recording?
Send
Cancel

6 Again on the Play screen, there's a Share icon in the bottom-right corner of the screen. Recordings made on your Apple Watch are automatically synced with your iPhone, but if you want to send it to your phone again, do so here.

Reviewing Your Recordings

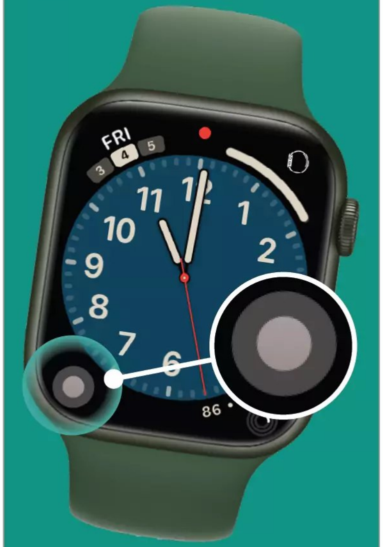

10:49
Recents
10-18-44
Today at 10:18 am
2:11
10
1×
10
17-00-30
Today at 5:00 pm
0:07
16-54-17
Today at 4:54 pm
Pick me up
0:01
16-53-47
Today at 4:53 pm
0:02
14-40-48
Today at 2:40 pm
0:06

1 You can review your recordings on the Just Press Record iPhone app. Open the app and tap the Recents tab. Recordings are listed by date. Tap one for an options bar to appear underneath it. Tap the Play icon to listen to it.


17-00-30
Today at 5:00 pm
0:07
Share
Rename
Delete
Transcribe Again

2 Long-tap on a recording and you can share it, rename it, delete it or transcribe it. Transcribing it is a great way to convert the audio file to text, after which you can share it with the Share icon. It might need a little editing, though.

The App's Complication


FRI
3
4
5
11
12
1
10
2
9
8
7
6
86

You can add a Just Press Record complication to your Apple Watch face, as seen here in the bottom-left corner of the screen. Tap it and the Just Press Record Apple Watch app opens and automatically starts a new recording.

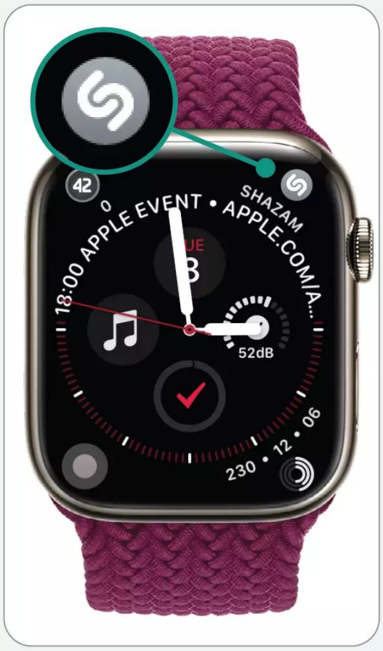
Identify Music with Shazam

It's annoying, but inevitable. You know the song they're playing on the radio, the soundtrack behind the action scene in the latest movie or the bouncy tune that accompanies the advert, but you can't think of the title or artist. With Shazam, you can find out, right from your Apple Watch.

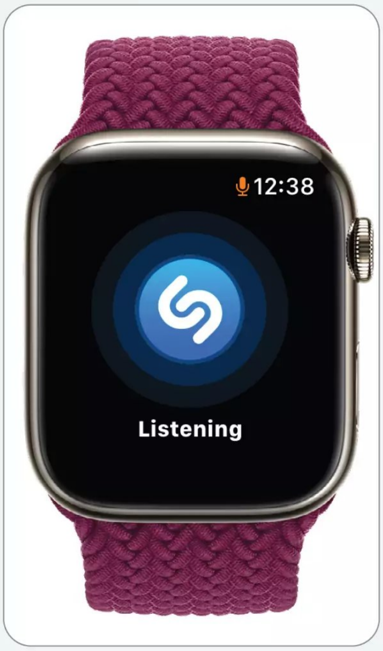
12:37
Tap to Shazam

Shazam on Watch

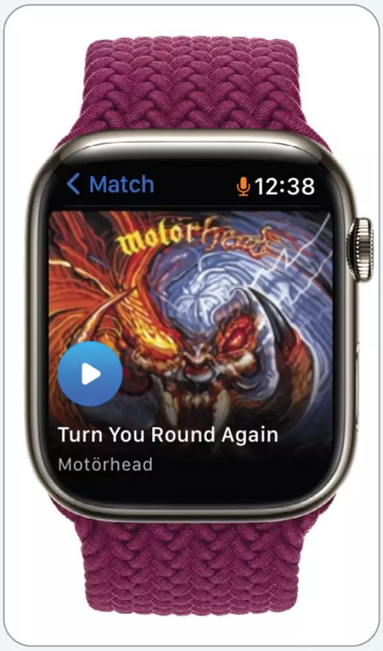
With Shazam on your Apple Watch, you need never wonder about a song title again. It's free, and has currently been installed over one billion times on various devices, including Apple's.



1 You can open the Shazam app from the Home screen, of course, but it also has a complication so you can open it directly from the watch face. It's shown here, in the top-right corner. Tap it to get straight to Shazam, quickly and easily.



2 When you hear a song you don't recognise but would like to know the title and the artist, open the Shazam app. Tap the graphic and Shazam listens to the song. It's able to identify songs even when there's a lot of ambient noise.



3 When Shazam has identified the song (it's surprisingly quick), it shows you the song title, artist and album cover. If you have access to the track, maybe through an Apple Music subscription, you can play it from your watch.

what3words – A Lifesaver?

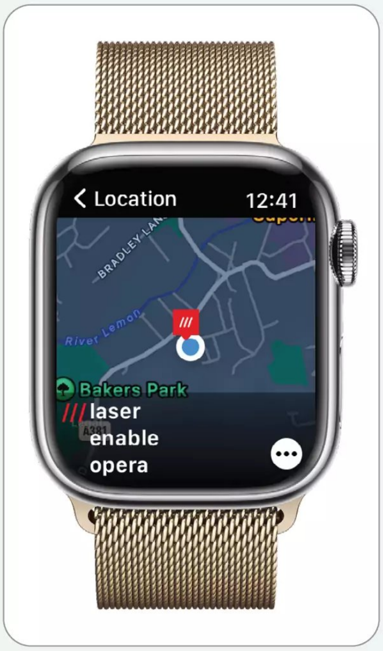
what3words is an amazing app that could one day save your life. It's the easiest way to let someone know where you are, to an accuracy of three metres. Just open the app, and note the three words it offers for your location. Give them to someone, and they can type them into their own what3words app and find you.

what3words
12:49
Search
Location
Saved Locations
Recent Searches

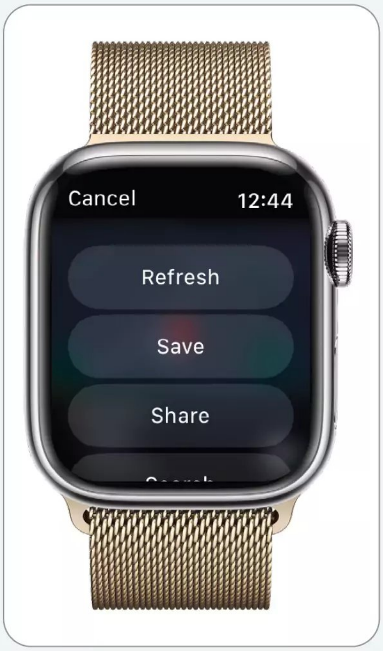
---

what3words on the Watch

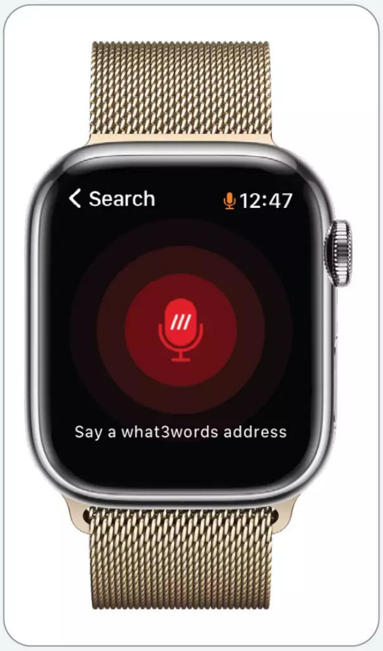
what3words works wherever you are, even in the middle of the ocean or in a large, empty wilderness. It's ideal for emergencies, and it has an Apple Watch component too. Everyone should download this amazing free app.


Location
12:41
BRADLEY LANE
River Lemon
Bakers Park
A381
///laser
enable
opera

1 Open the what3words app on your Apple Watch, and tap Location for this screen, which identifies your current whereabouts by giving them three words, in this case, laser.enable.opera. These are your location's three words.


Cancel
12:44
Refresh
Save
Share

2 Tap the three-dots icon for a list of options, which you can scroll up and down using your finger or the Digital Crown. Refresh gives you your three words again, Save saves your location and Share lets you send it to others.


Search
12:47
Say a what3words address

3 Tap a Search button and you can say any three-word location to be shown where this is. If you get a phone call, for example, saying someone is at blobby.reproduced.annoying, you know they're in a lake in the northwest territories.

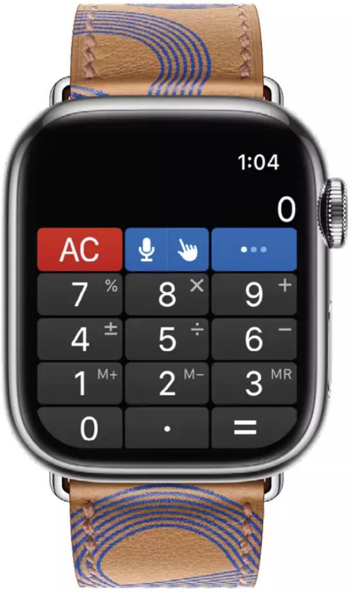
PCalc – Work it Out!

PCalc has long been the most respected calculator application for Apple devices, including the Mac, iPad, iPhone and, of course, the Apple Watch. Purchase and download the iPhone version of PCalc and the Apple Watch app is installed automatically on your watch. Give it a try – it's surprising how much it can do.

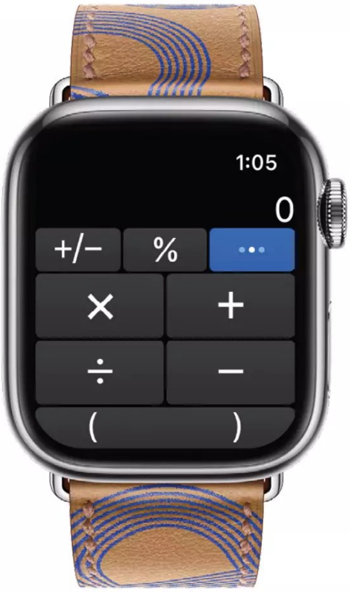
1:12
17.78
TIPS
15%
FOR 2
£10.22 EACH
£2.67 TIP
£20.45 TOTAL

Features of PCalc on Watch

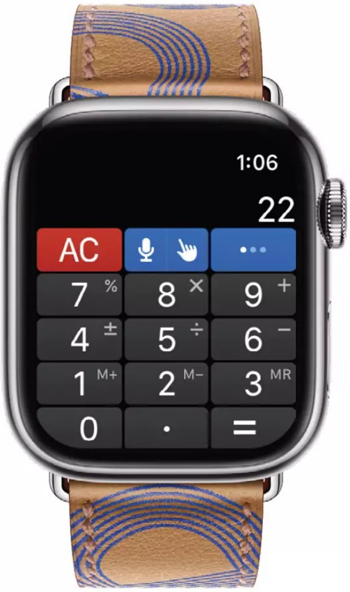
The Apple Watch component of the PCalc app does more than simple calculations. It can calculate tips, do trigonometric and logarithmic calculations, root and square root and even unit conversions, all from your wrist.



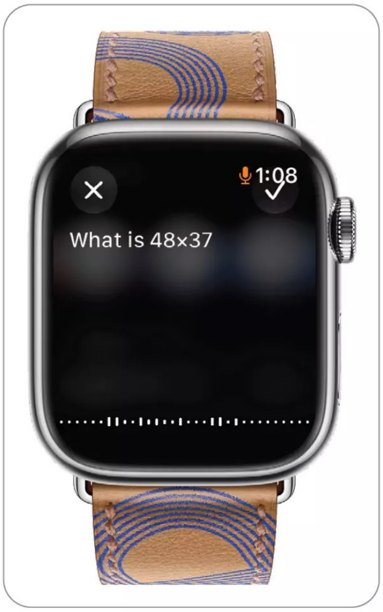
1 When you first open the PCalc app on your Apple Watch, you're shown a four-function calculator. Type in your first number, and when you need a function such as x, -, + or ÷, tap and hold the key it's shown on.

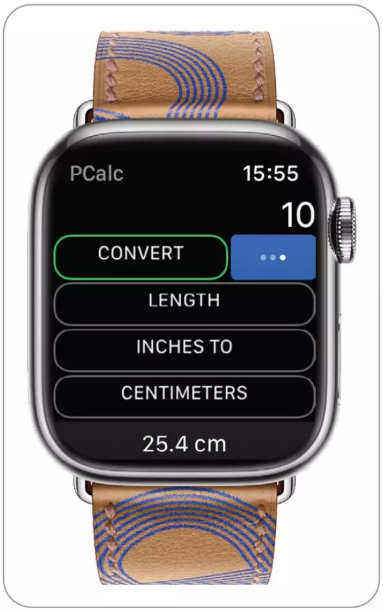


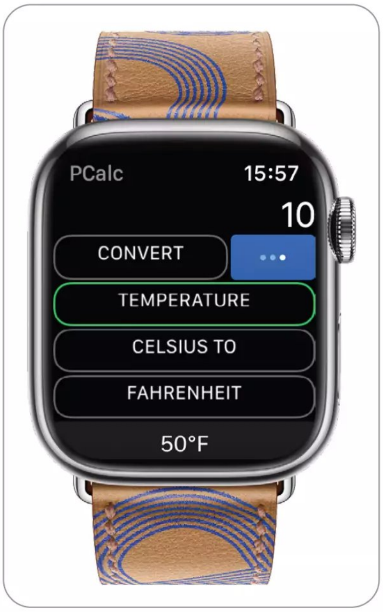
2 Alternatively, for a function, tap the blue button (top right), to go to this screen. Some might find the functions easier to access here, and you can also add brackets too. Tap the button again to return to the previous screen.



3 If you typed a number incorrectly, you can turn the digital crown to increase or decrease the last figure in your calculation. Remove the last thing typed by swiping right across the top of the screen, and left to redo it.


1:08
What is 48×37

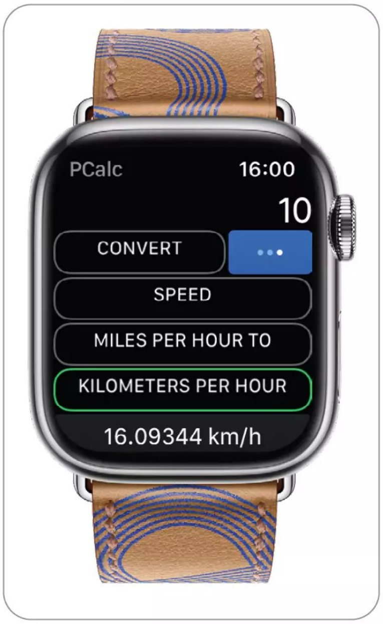

PCalc
15:55
10
CONVERT
•••
LENGTH
INCHES TO
CENTIMETERS
25.4 cm

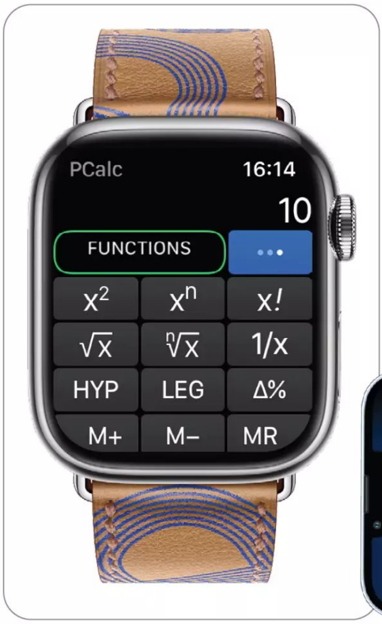

PCalc
15:57
10
CONVERT
•••
TEMPERATURE
CELSIUS TO
FAHRENHEIT
50°F

4 Tap the top-middle button, the one with the microphone on it, and you can choose a different input method. Tap the mic to simply speak your calculation. Tap the screen when you've finished, and the solution is offered.

5 Tap the blue button with the three dots twice, so the third dot is active, and you'll see this screen. To make a conversion, input the number you wish to convert on the digits screen, then tap the blue dots icon twice to get to this screen.

6 Tap the uppermost of the long bubbles, and scroll the digital crown to select what it is you want to convert. Options include length, temperature, time, torque, volume, weight, fuel, energy and more.

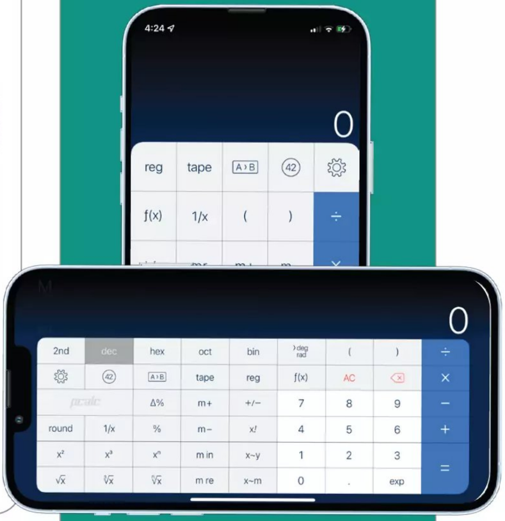

PCalc
16:00
10
CONVERT
•••
SPEED
MILES PER HOUR TO
KILOMETERS PER HOUR
16.09344 km/h


PCalc
16:14
10
FUNCTIONS
•••
x²
xⁿ
x!
√x
ⁿ√x
1/x
HYP
LEG
Δ%
M+
M−
MR

7 When done, tap the middle long bubble and choose what you're converting FROM. Then tap the lower bubble, and select what you're converting TO. Here we're converting 10 MPH to KPH; the result is shown at the foot of the screen.

8 If you tap the smaller bubble, which originally says 'Convert', you can scroll through more options, such as Constant, Trig/Log, Functions, Tips and more. Familiarise yourself with everything the app can do; you might be surprised.

A Scientific Calculator


4:24
0
reg
tape
f(x)
1/x
(
)
÷
0
2nd
dec
hex
oct
bin
AC
7
8
9
4
5
6
1
2
3
round
exp
=

Like the iPhone's bundled calculator app, you can use PCalc on your iPhone as a regular or scientific device. Hold your phone vertically, and it's a regular calculator. Hold it horizontally, and it's scientific.

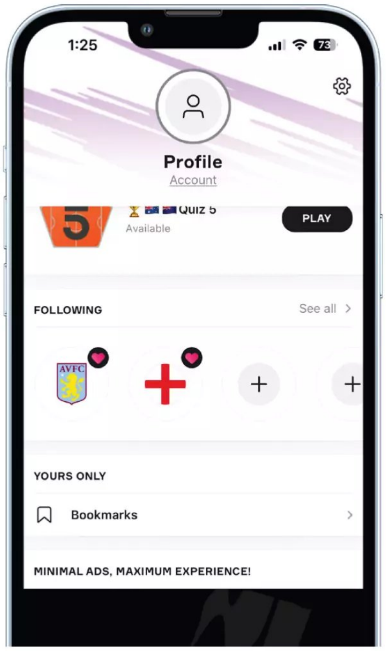
OneFootball – Follow the Goals

OneFootball
1:33
1:2
Yesterday
7:45 pm
TODAY
Major League Soccer
1 Match

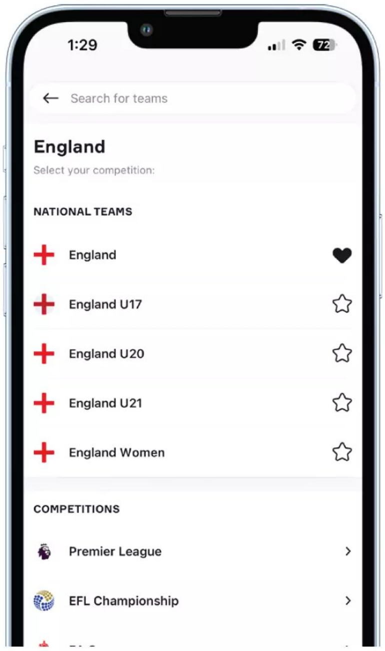
He shoots – and he scores! And if you're following the game on Onefootball, you'll know, because you get an alert sent directly to your Apple Watch. OneFootball brings you news, transfers, fixtures and more. Plus you can set it up to send you real-time updates of goals, sendings-off, substitutions and more; right to your wrist.

Set Up on iPhone

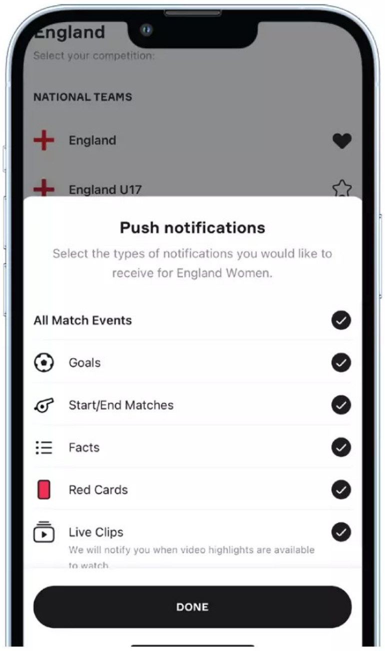
To get the most from OneFootball, you first need to set it up on your iPhone. The iPhone app is great for news and analysis, watching videos and checking what matches are coming up, but here we're going to set up our profile.


1:25
73
Profile
Account
Quiz 5
Available
PLAY
FOLLOWING
See all
AVFC
YOURS ONLY
Bookmarks
MINIMAL ADS, MAXIMUM EXPERIENCE!

1 In the OneFootball app on iPhone, tap Profile and set up your profile as instructed. You can now add teams to follow. Tap a plus sign under My Teams, and then scroll and tap the country of the team you're looking for.


1:29
72
Search for teams
England
Select your competition:
NATIONAL TEAMS
England
England U17
England U20
England U21
England Women
COMPETITIONS
Premier League
EFL Championship

2 On the next screen is a list of countries. Tap the country and you're shown its national sides and also a list of club leagues from that territory. Tap a league for a list of club sides that play in it. Tap a star to follow that particular team.

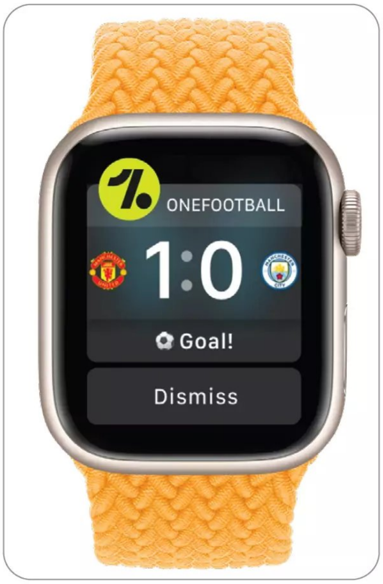

England
Select your competition:
NATIONAL TEAMS
England
England U17
Push notifications
DONE

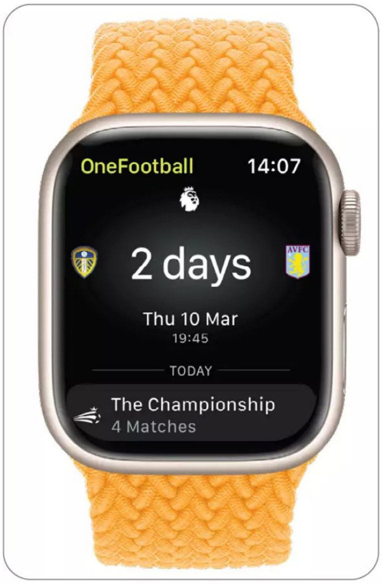
Select the types of notifications you would like to receive for England Women.

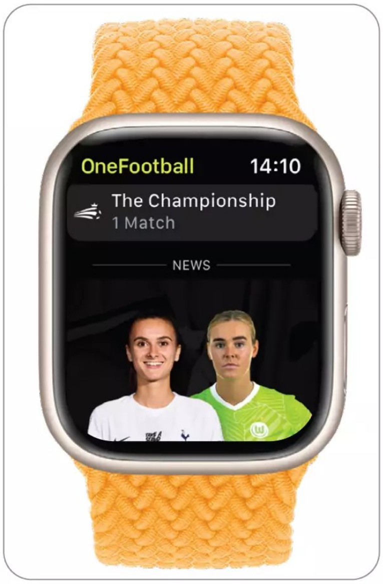
All Match Events ✓
Goals ✓
Start/End Matches ✓
Facts ✓
Red Cards ✓
Live Clips ✓
We will notify you when video highlights are available to watch

3 You can then choose what alerts you want to receive. These are; Goals, Start/End of Matches, Facts, Red Cards, Transfers (club sides only) and Live Clips. They're checked by default; uncheck any you don't want and tap Done.

OneFootball on Apple Watch


ONEFOOTBALL
1:0
Goal!
Dismiss

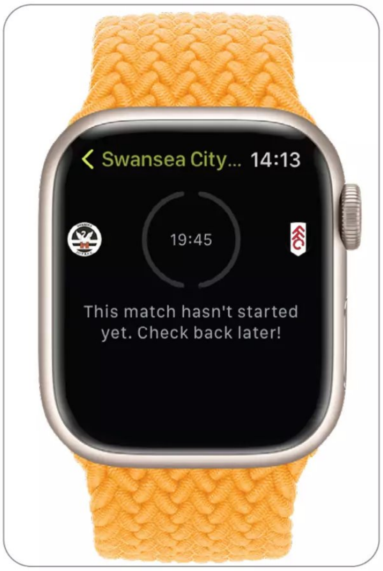

OneFootball
14:07
2 days
Thu 10 Mar
19:45
TODAY
The Championship
4 Matches


OneFootball
14:10
The Championship
1 Match
NEWS

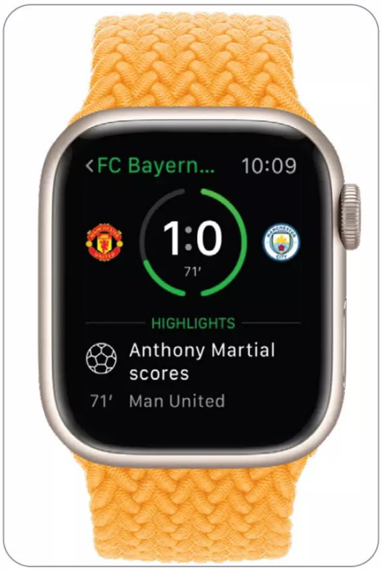
1 Once you've set up your alerts in your profile in the iPhone app, when your chosen national and club sides are playing, you'll get the alerts you chose to receive when you selected the team. It vibrates, so you never miss a goal.

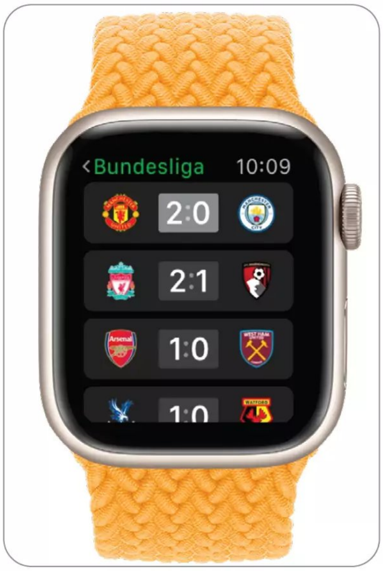
2 If you open the OneFootball app when your favourite team isn't currently playing a game, you will get this screen, telling you when your teams' next match is, who you're playing and what time it starts.

3 Scroll this screen up for a list of competitions in which games are being played today. Tap one and you're shown the match or matches in question. Scroll even further for news and features offered by OneFootball to read on your watch.


Swansea City...
14:13
19:45

This match hasn't started yet. Check back later!


FC Bayern...
10:09
1:0
71'
HIGHLIGHTS
Anthony Martial scores
71'
Man United


Bundesliga
10:09
2:0
2:1
1:0
1:0

4 Tap an upcoming game on the OneFootball Apple Watch app and you get a graphic showing the badges of the two sides playing and the time it starts. The two arcs that almost make a circle represents the two halves of the game.

5 During a match you'll see the current score, and information regarding scorers, red cards and more. The two arcs mentioned in the last step are gradually filled, representing time elapsed, which is also shown under the score.

6 You can also check up on all the current and final scores in a competition, on the OneFootball Apple Watch app. Tap a match to see its details. OneFootball is an excellent app, and although it has IAP, most of its features are free.

17:08
GAME A
10
GAME B

More Fun with Your Watch

Believe it or not, you've still a few things to learn about your Apple Watch. In this section, we bring you a feature on things you didn't know your faithful smartwatch could do, as well as offering a troubleshooting guide for if things go wrong, and a glossary of terms about the watch and its operating system.

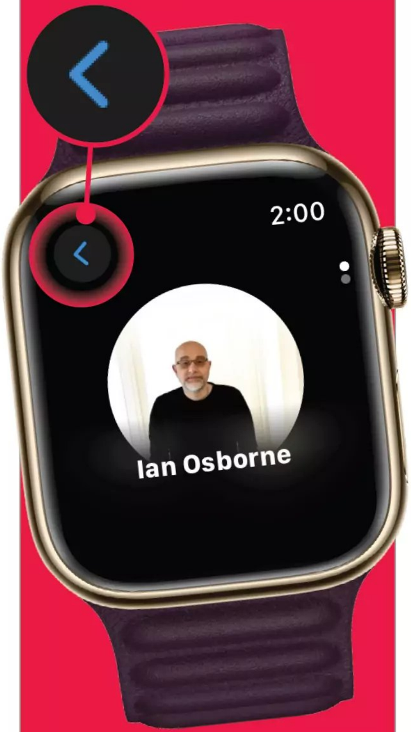
Learn more >

Things You Didn't Know Your Watch Can Do

Your Apple Watch can do much more than you possibly realised. Even if you've ploughed your way through our guides and tutorials, there are still small tips and tricks you might have missed. That's what we'll look at here; little things you might not know your Apple Watch can do, from simple time savers to fantastic features.

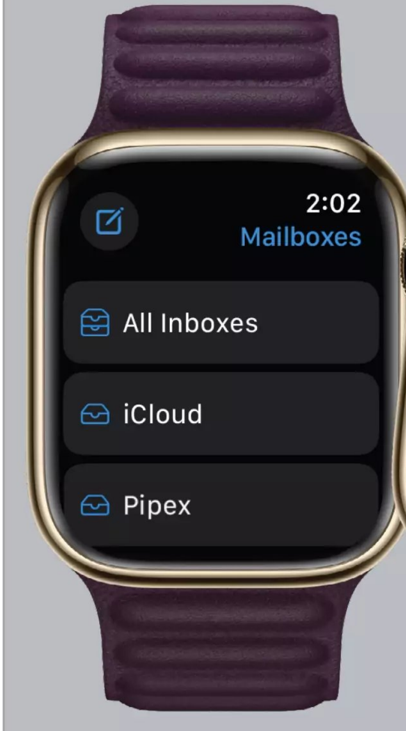
181
9
THU 28
6
WINDY 17°

Go Back a Page

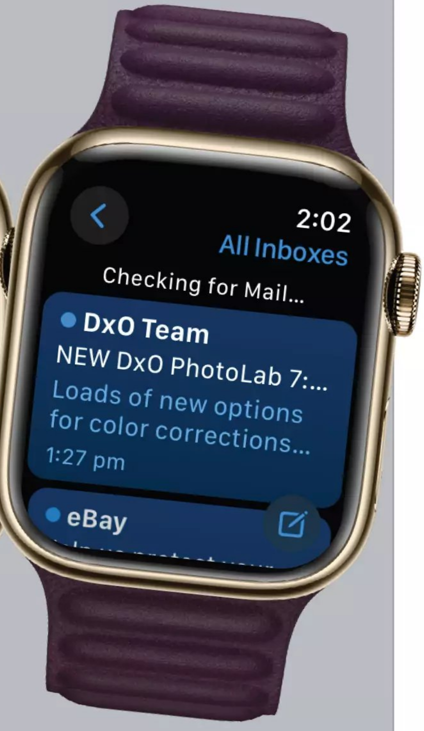


It's a great trick if you don't know it. To go back to the previous screen on your Apple Watch, tap the top left corner of the watch face. There's usually (but not always), a chevron there to remind you.

Check for New Emails



1 To refresh your email inbox on your Apple Watch, first of all, open the Mail app and navigate to the screen where you choose which inbox to look at. Tap an inbox, or the All Inboxes option.

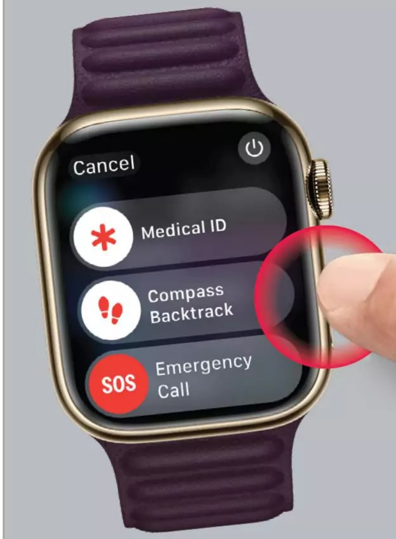


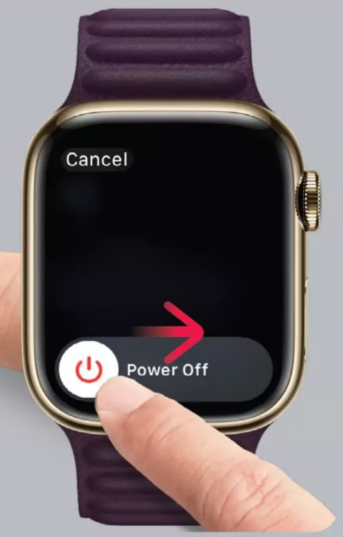
DxO Team
NEW DxO PhotoLab 7:...
Loads of new options for color corrections...
1:27 pm

eBay

2 Scroll all the way down on your Digital Crown and at the top of the screen, you'll see 'Checking for Email...' The watch checks for emails, and the message changes to 'Updated Just Now'.

Turn Watch On and Off


Cancel
Medical ID
Compass Backtrack
SOS
Emergency Call

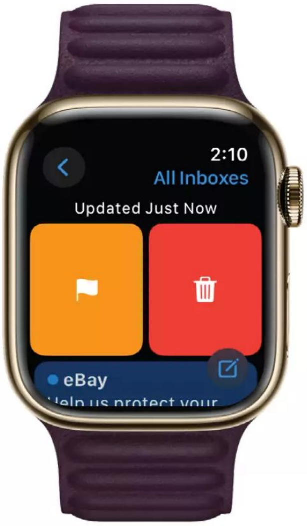

Cancel
Power Off

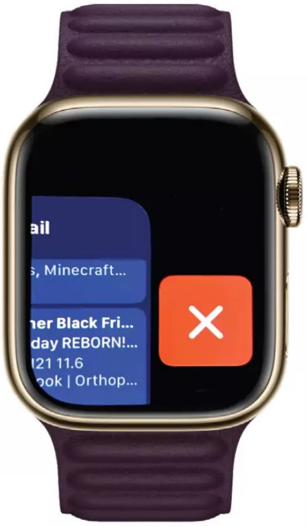
1 To turn your Apple Watch off, first of all, press and hold the Side Button. After a few seconds, you get a screen showing three sliders and a Power button in the top right corner.

2 Tap the Power button for this Power Off slider. Place your finger on the power icon and drag it right. The screen goes blank and you've successfully switched off your Apple Watch.

3 To switch your watch back on again, press and hold the Side Button until the Apple logo appears on-screen, and your watch starts up. Enter your passcode when asked.

Swipe Left to Delete


2:10
All Inboxes
Updated Just Now
eBay
lelp us protect your


ail
, Minecraft...
her Black Fri...
day REBORN!...
121 11.6
ook | Orthop...

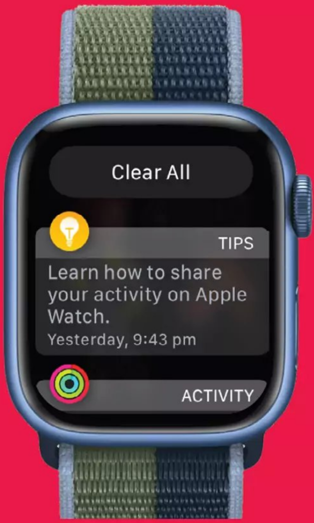
1 If you want to delete something on your Apple Watch, such as an email or a message, open the app in question and swipe that particular item left. Tap the bin to delete it.

2 To close apps you have open, double-press the Digital Crown to see open apps as a carousel. Use the Digital Crown to scroll to the app you want to close, swipe it left and tap the 'X' icon.

Read the Time

To have your Apple Watch read the time to you, place two fingers on the screen together and keep them there. Your watch reads the time, in character if you use the Mickey or Minnie watch face.

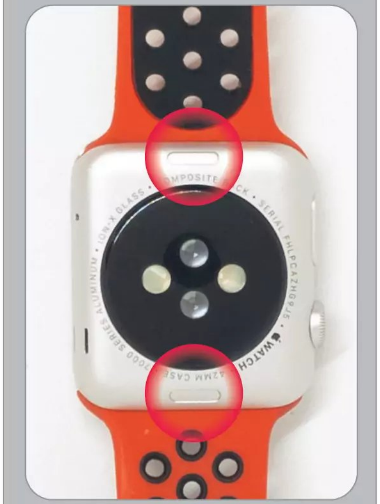
Clear all Notifications



Learn how to share your activity on Apple Watch.
Yesterday, 9:43 pm

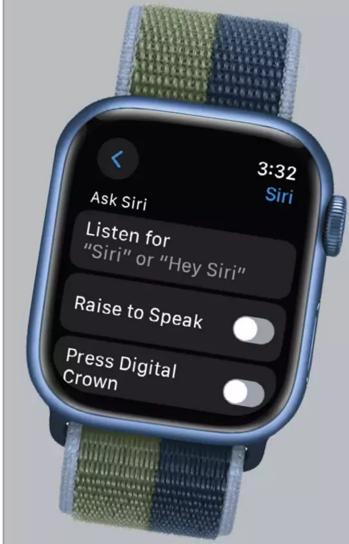
Swipe down from the top of the watch face to access the Notifications screen. Use the Digital Crown to scroll all the way to the top to see a button labelled 'Clear All'. Tap this and your notifications are cleared.

Change Watch Band



Turn your watch face-down and press the button next to the band with your thumbnail. Slide out the band, then do the same with the other button. Your new band can then be slid in. Make sure you hear, or feel, it click into place.

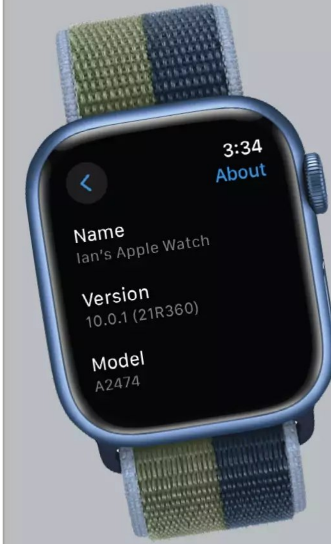
Turn Off Siri



Ask Siri
Listen for "Siri" or "Hey Siri"
Raise to Speak ○
Press Digital Crown ○

If you don't use Siri, you can turn it off. On your watch, open the Settings app and open the Siri option. Turn off the top three switches (the ways to activate Siri), and the service is turned off.

What's on Your Watch?



Name
Ian's Apple Watch
Version
10.0.1 (21R360)
Model
A2474

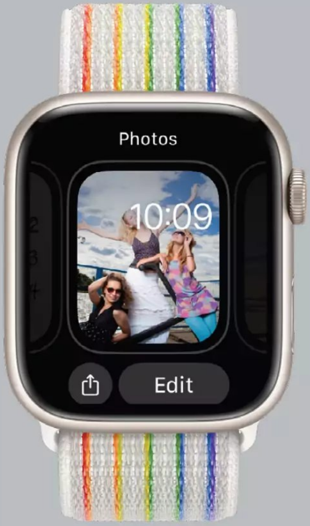
Open the Settings app and go to General > About. You'll see a breakdown of what you've got on your watch, and also its serial and model number, what version of watchOS it has and more.

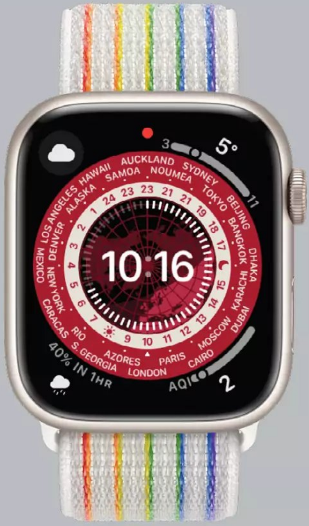
Double Tap

You can activate certain functions on your Apple Watch by tapping your thumb and forefinger together twice. You can use this gesture to answer a call, reply to a message, see and scroll through your Smart Stack, and more. Third-party developers can incorporate it into their own apps too. For example, in Sprout Baby Tracker app you can log your baby's time asleep without risking waking them up.

The feature requires a Watch Series 9 or an Apple Watch Ultra 2 or later. To turn it on, open the watch's Settings app and go to Gestures. You can then choose from the available options. The gesture isn't available in Low Power Mode or when Sleep Focus is active.

Multiple Faces and Complications

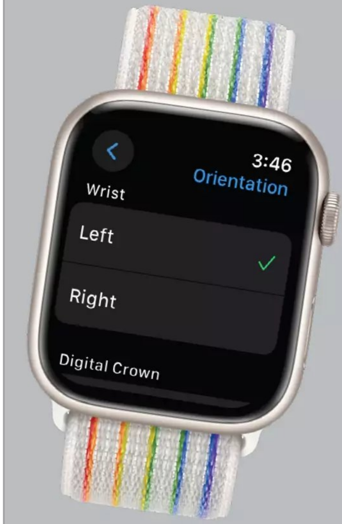

Photos
10:09
Edit


5°
10:16
AUCKLAND
SYDNEY
TOKYO
BEIJING
BANGKOK
DHAKA
KARACHI
DUBAI
MOSCOW
CAIRO
PARIS
LONDON
AZORES
S. GEORGIA
RIO
CARACAS
NEW YORK
MEXICO
DENVER
LOS ANGELES
ALASKA
HAWAII
SAMOA
NOUMEA
40% IN 1HR
AQI
2

1 When making new watch faces, you can have more than one example of the same face in your collection. Maybe two Photo faces, or a face customised in two different ways.

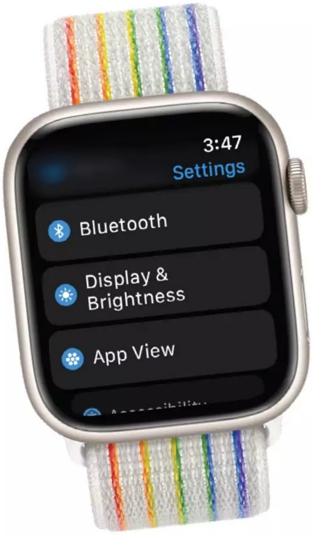
2 It's also possible to have more than one complication drawn from a single app. All four corner complications here are from the Weather app, but show different information from it.

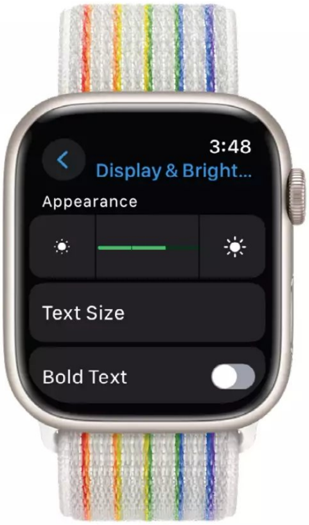
Left-Handers Setting

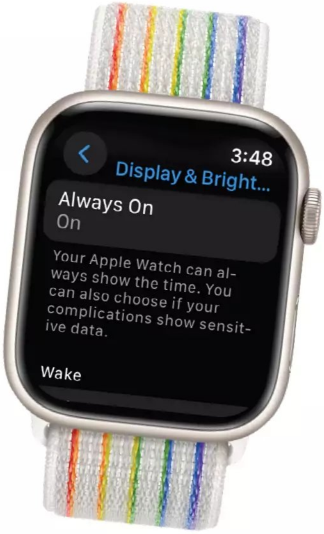

3:46
Orientation
Wrist
Left ✓
Right
Digital Crown

Left-handers can set up their Apple Watch for wearing on their right wrist. Open the Settings app, go to General > Orientation and choose a wrist, and whether you want the digital crown on the left or the right side.

Display and Brightness Options


3:47
Settings
Bluetooth
Display & Brightness
App View


3:48
Display & Bright...
Appearance
Text Size
Bold Text


3:48
Display & Bright...
Wake

Always On
On

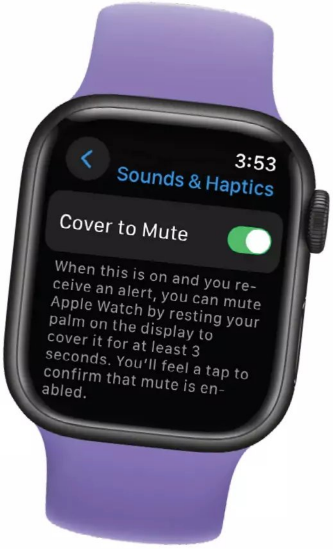
Your Apple Watch can always show the time. You can also choose if your complications show sensitive data.

1 You can change a lot of things in the Display and Brightness setting. Open the Settings app, and tap the Display & Brightness button to get to the customisable options.

2 You can make the display brighter or dimmer, which uses or saves battery power respectively. You can also alter the size of the text displayed on the watch face, or make it all bold.

3 Scroll up for more options, such as turning off the always-on display, changing what makes the watch wake from sleep and for how long it stays awake before going to sleep again.

Cover to Silence

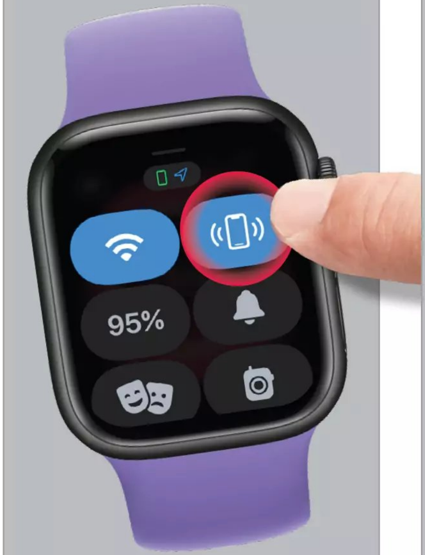


3:53
Sounds & Haptics
Cover to Mute
When this is on and you receive an alert, you can mute Apple Watch by resting your palm on the display to cover it for at least 3 seconds. You'll feel a tap to confirm that mute is enabled.

1 If your Apple Watch lights up or makes a noise at an inconvenient time or location, such as when you're in a meeting or in a movie theatre, you can silence it quickly and easily by placing your palm over the face of the watch and holding it there for around three seconds. The watch is instantly silenced, giving you instant peace and saving you from getting dirty looks from those around you.

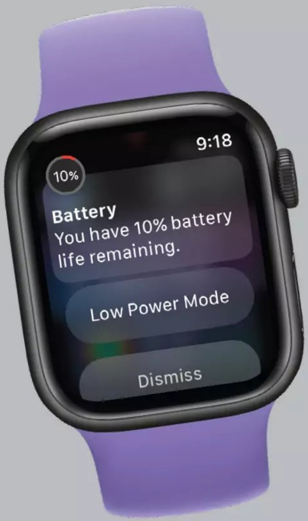
2 To turn this feature on or off, in your iPhone's Watch app go to My Watch > Sounds & Haptics or on your watch, go to Settings > Sounds & Haptics and turn Cover to Mute on or off.

Ping Your iPhone

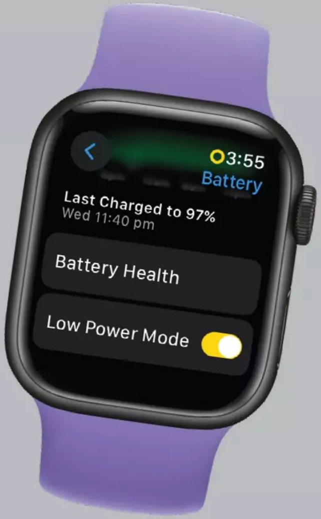


If you've misplaced your iPhone and you know it's somewhere nearby, on your watch, swipe up from the foot of the screen and tap the Ping iPhone button. Your phone makes a noise.

Power Reserve



9:18
10%
Battery
You have 10% battery life remaining.
Low Power Mode
Dismiss

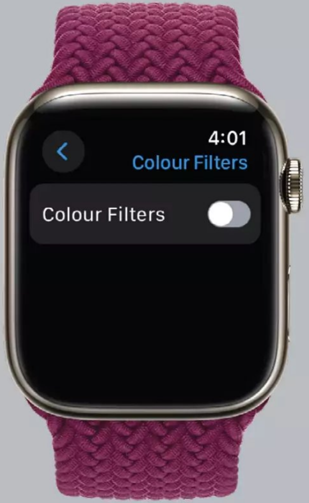


3:55
Battery
Last Charged to 97%
Wed 11:40 pm
Battery Health
Low Power Mode

1 If you're out and about and your watch is low on power, you can extend it greatly using Low Power Mode, which turns off all features except the time. If power is below 10%, you get a message inviting you to turn on Low Power Mode.

2 You can also turn on Low Power Mode in Settings > Battery. Scroll to the foot of the page and swipe the Power Reserve switch. To turn off Power Reserve, press and hold the Side button until you see the Apple logo, and your watch restarts.

Go Greyscale

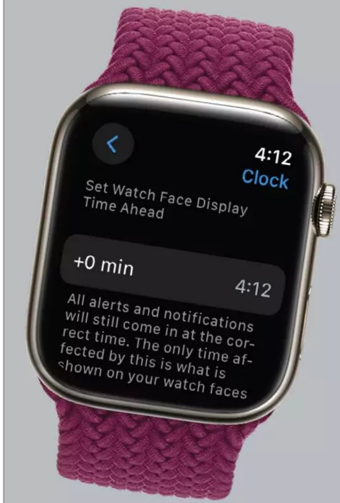


234
10
THU 28
7
MOSTLY CLOUDY 17°

1 The Apple Watch has a greyscale option, which shows the screen in shades of grey instead of colours; it's intended for the colourblind. To turn your screen grey, open the Settings app and go to Accessibility > Colour Filters

2 Tap the Colour Filters switch and choose between greyscale and various colour filters designed to help the colourblind. To switch this feature off again, repeat these steps and tap the Colour Filters switch to return the watch to displaying full colour.

Set Your Watch Fast



All alerts and notifications will still come in at the correct time. The only time affected by this is what is shown on your watch faces

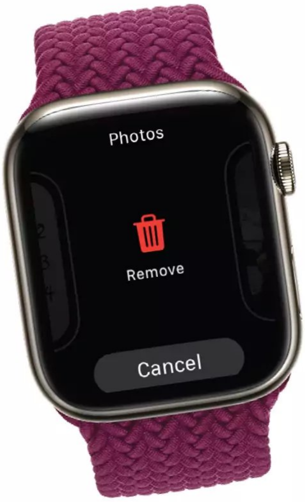
Some people like to set their watch a few minutes fast. To do this on an Apple Watch, go to Settings > Clock and tap the button in the centre, then add on up to 60 minutes. Alerts and alarms are not affected; they go off at the correct time.

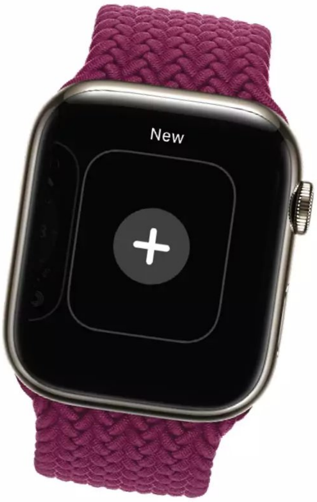
Open an App Using Siri

237
10
THU 28
7
MOSTL
UDY 18°

You can open an app using Siri. Hold the digital crown and say 'Open [app name]'. If your hands are full, you can launch Siri by saying 'Siri' or 'Hey Siri' too. So 'Siri/Hey Siri, open [app name]' launches an app of your choice without touching your watch.

Hide Watch Face





1 If there's a watch face you seldom use, you can hide it by deep pressing on the watch screen, swiping left or right to get to it and then swiping up, to see this remove icon. Tap it and the watch face is removed from the list found here.

2 Deleted watch faces aren't gone forever. They can be restored using the New button on the right of the watch faces. Tap it, then scroll to the face you deleted using the digital crown. When you've found it, tap it to restore it to the range.

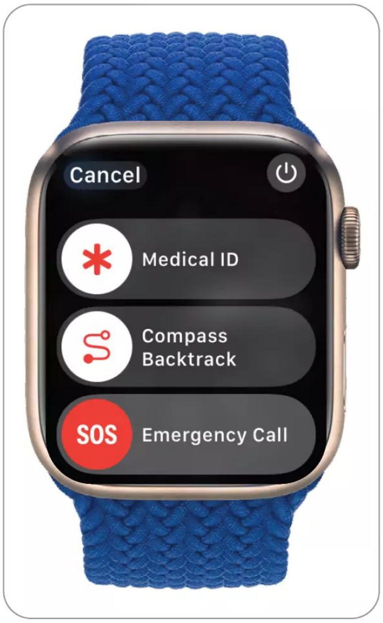
Problems and How to Solve Them

Like all Apple devices, your Apple Watch is very reliable but even the best tech can suffer problems occasionally. If you're having trouble with your amazing Apple Watch, check out these handy hints and terrific tips for getting it up and running again. Chances are one of them will work, saving you a trip to the Apple Store.

Restarting and Resetting Your Watch

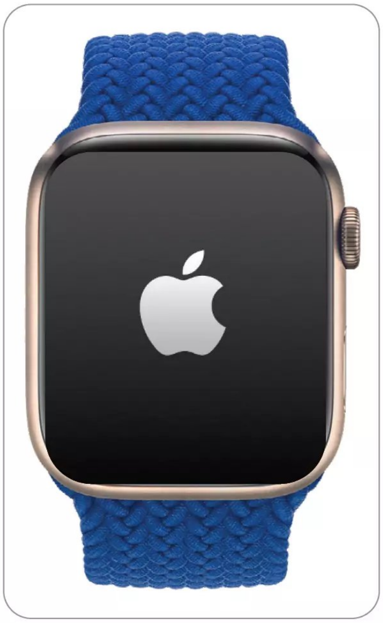
If your Apple Watch has frozen or is unresponsive, a force restart is usually all it needs but if this doesn't help, a hard reset might prove more successful. Here's how to do both on your Apple Watch.

Restart



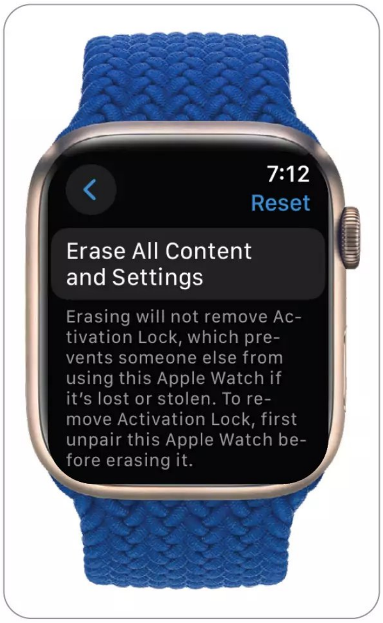
To restart your Apple Watch, hold down the side button until this screen appears, tap the power icon (top right) then slide the slider marked Power Off to the right. To start it up again, press and hold the side button.

Force Restart



If this doesn't work or can't be achieved, press and hold both the Digital Crown and the side button for around ten seconds until the Apple logo appears on the watch screen. This forces your watch to restart.

Reset Watch



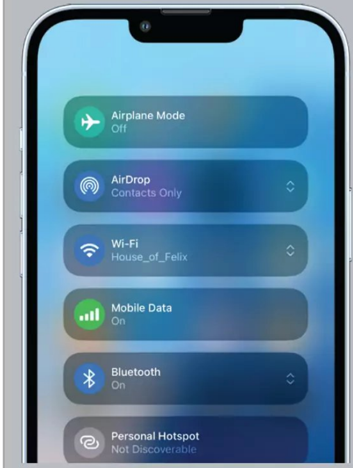
Erasing will not remove Activation Lock, which prevents someone else from using this Apple Watch if it's lost or stolen. To remove Activation Lock, first unpair this Apple Watch before erasing it.

To reset your watch completely, erasing all data, go to the Settings app and then go to General > Reset. Opting to reset your Apple Watch erases all data and settings, so you have to pair it with your iPhone again.

Other Problems with Your Watch

Of course not every hiccup suffered by your Apple Watch requires a complete restart or a reset. There are a number of minor maladies that can be solved quickly and easily. Here's a guide to what to do.

Lost iPhone Connection



Airplane Mode
Off

AirDrop
Contacts Only

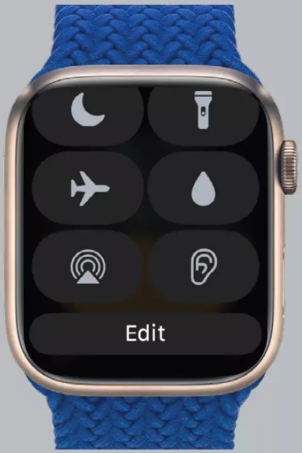
Wi-Fi
House_of_Felix

Mobile Data
On

Bluetooth
On

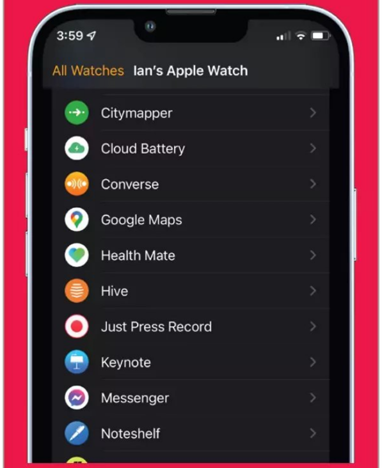
Personal Hotspot
Not Discoverable

1 If your watch has lost the connection with your iPhone, first check your iPhone's Bluetooth is switched on. Swipe down from the top-right corner of the screen for the Control Panel, and check the Bluetooth icon is blue.

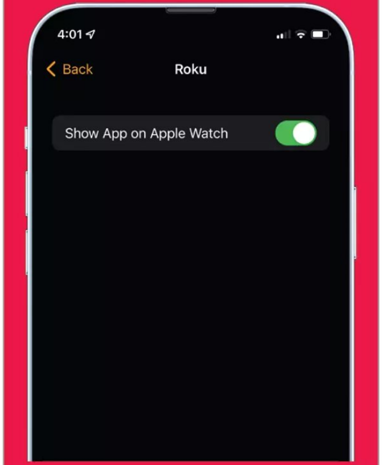


2 Now press the Side Button on your Apple Watch to get to the Control Centre and scroll with the Digital Crown to here. Turn Airplane Mode on and off by tapping the plane icon to force the watch to look for your iPhone and reconnect.

Third Party App Doesn't Work



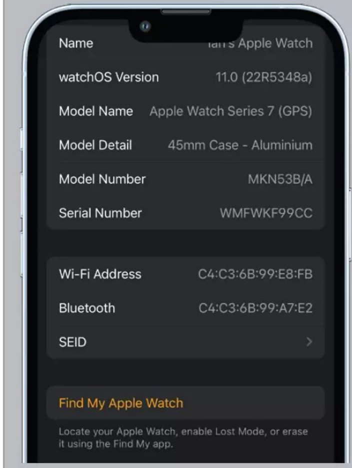
1 If one of your third-party Apple Watch apps refuses to work properly, try removing and reinstalling it. On your iPhone's Watch app, go to My Watch and scroll down to the app that's not working.



Show App on Apple Watch ●

2 Tap on the name of the rogue app and on this, the next screen, flick the switch marked Show App On Apple Watch off. The app uninstalls from the watch. Now flick the switch again to reinstall it.

Back Up and Unpair

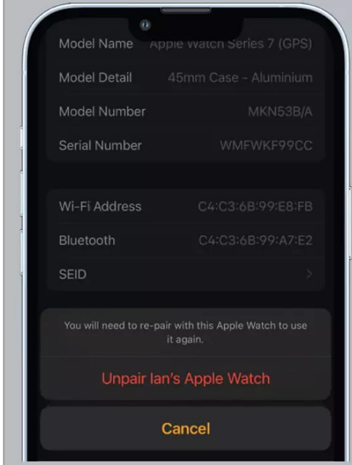


Name	Ian's Apple Watch
watchOS Version	11.0 (22R5348a)
Model Name	Apple Watch Series 7 (GPS)
Model Detail	45mm Case - Aluminium
Model Number	MKN53B/A
Serial Number	WMFWKF99CC
Wi-Fi Address	C4:C3:6B:99:E8:FB
Bluetooth	C4:C3:6B:99:A7:E2
SEID	

Find My Apple Watch

Locate your Apple Watch, enable Lost Mode, or erase it using the Find My app.

1 For a more drastic restore, go to the iPhone's Watch app, tap My Watch then tap All Watches in the top-left corner. Tap the 'i' icon next to your watch. Now tap the last option on this screen, Unpair Apple Watch.



You will need to re-pair with this Apple Watch to use it again.

2 In the pop-up window, opt to unpair the watch. Settings and data are backed up, with a few exceptions such as Activity Monitor and bank cards. After unpairing, you must pair your watch again before using it.

Glossary of Watch Terminology

We've tried to keep this guide as jargon free as possible, but inevitably there are some words and phrases that might still seem mysterious to the newcomer. If you're puzzled, we hope you find this glossary helpful.

A

Accessibility: A series of tools and features designed to make an Apple device such as the Apple Watch easier to use by those with disabilities. You can find the Accessibility features in Settings.

Activity: A key app on your Apple Watch that records how many calories you've expended by moving around, how many minutes you've exercised and whether you've stood for at least a couple of minutes each hour. The Activity app gives you targets to aim for; 500 calories, 30 minutes and 12 hours by default, but they can be customised if you wish. You can share your Activity stats with friends, and win awards by meeting targets.

Airplane Mode: All airlines warn you to turn off mobile electronic devices when on an aircraft, so this Apple Watch setting turns off all incoming and outgoing signals to your device, including data, Bluetooth, and Wi-Fi.

AirPlay: A protocol for streaming sounds and video from an Apple device to compatible speakers, or (for example) an Apple TV. It's wireless, and easy to use.

AirPods: Apple's own in-ear Bluetooth earbuds. Pair them with your iPhone, and they automatically pair with your Apple Watch too. You can then play music directly from the watch, without using your iPhone.

App: Short for 'application', another name for a computer program as used on iPhones and iPads, and also on the Apple Watch. Apps for the Apple Watch can be downloaded on the iPhone or on the watch itself.

App Store: This is where you can download free and paid-for programs, or apps, to your device using your Apple ID. You can access it through your iPhone's or Apple Watch's Home screen.

Apple ID: This is the email address and password that you have registered with Apple. It's required for a lot of applications and features on your iPhone and Apple Watch, such as App Store, Find Items and more.

Apple Pay: With your credit or debit card information stored on your iPhone, you can use your Apple Watch to make contactless payments for goods and services. Double tap the side button to access Apple Pay, then hold your watch near the contactless payment machine. The watch vibrates, and the money is taken from your account.

B

Blood Oxygen: Your blood oxygen level shows the amount of oxygen your blood is carrying around your body. You can test your personal blood oxygen level with your Apple Watch.

Bluetooth: Bluetooth is a wireless technology used to link and exchange data with another compatible device. It has a range of approximately eight metres (25ft). Apple Watch supports many Bluetooth devices, and can be configured using the Bluetooth option in the Settings app.

C

Calendar: This is one of Apple's preloaded apps. Use it to keep track of events, invitations, and reminders on your Apple Watch, Mac or mobile devices.

Camera: This app is used when taking photos and videos on your iPhone. The Apple Watch can function as a camera remote, so you can take iPhone photos directly from your wrist without touching the phone.

Charger: The USB cable used to charge your Apple Watch. It plugs into a USB-C or USB-A port, and can be bought separately from Apple if you need a spare.

Complications: In watchmaking, small features such as extra dials or a sun and moon behind the main watch face are known as Complications. The Apple Watch uses the same term for the extras on the watch face that take information from, and give access to, the watch's apps.

Contacts: Your digital address book, which syncs across your Apple devices using iCloud. On your Apple Watch, you can review your stored contacts' information, initiate an email, phone call, message and more, share a contact or delete it if it's no longer needed.

D

Digital Crown: A key control on the Apple Watch. It combines a button which can be pressed for the Home screen, held for Siri or double-pressed to return to the last-used app, and a dial that lets you scroll through various options and items on your Apple Watch.

Dock: The Apple Watch has a Dock, just like the Mac, iPhone and iPad. It can show recently used or favourite apps. Access the Apple Watch Dock by pressing the side button, and scroll through your apps with the digital crown.

E

ECG: An abbreviation of electrocardiogram, a test that records the timing and strength of the electrical signals that make the heart beat. You can take one on the Apple Watch using the ECG app.

Emoticon: A small drawing used to augment a message or text. Typically, these are yellow faces showing a variety of expressions.

F

Facebook: Currently the most popular social networking site on the Internet. Its integrated messaging app, Facebook Messenger, has an Apple Watch component that lets you review and reply to conversations.

FaceTime: You can join group FaceTime chats using your Apple Watch, but obviously, only using FaceTime Audio; the Watch has no camera, so can't do video.

Find Devices/Items/People: The iPhone's Find My app, for tracking down Apple Macs and mobile devices, locating AirTags and AirPods and sharing your location with others is represented on the Apple Watch by three different apps. Tap one to pinpoint the whereabouts of a device, tracked item or person on the map.

Focus: A feature on most Apple devices that lets you limit interactions with your Mac, iPad, iPhone and Apple Watch at certain times, for example, when working or driving. You can turn a Focus on and off from your Apple Watch.

Force Restart: If your Apple Watch isn't behaving as it should, you can force it to switch off and restart; press and hold the side button and digital crown for around ten seconds, until you see the Apple logo appear. Doing this can solve a range of problems on your Apple Watch.

Gestures: Actions performed with your fingers on the Apple Watch's touchscreen. These gestures aren't as comprehensive as those used on the iPhone or the Mac's trackpads.

Home Screen: The Apple Watch's Home screen is where you open apps, and it's accessed by pressing the digital crown. The watch's Home screen can display your apps as a grid or as a list.

iCloud: The collective name for Apple's online services, which integrates with all iOS/iPadOS devices, Macs and the Apple Watch.

iMessage: A text message that's sent from one Apple device to another. iMessages use the Internet rather than the mobile phone network, so they're sent free of charge.

Keynote: Apple's presentation app for Macs and mobile devices. The Apple Watch companion app acts as a controller.

Location Services: Features and apps on your Apple Watch that pinpoint and use your current location. The Maps app, for example.

Mail: Apple's email client, which has a watch component. It can handle a wide range of email accounts, including Apple iCloud, Microsoft's and Google's mail services and accounts provided by your Internet Service Provider.

Memoji: Open the Memoji app and you can create a caricature of yourself, or someone else, on your watch, and then use it in the Memoji watch face.

Messages: One of Apple's built-in apps that handles SMS text messages and MMS multimedia messages.

Mindfulness: A watch app that helps you set aside a few minutes every day to focus, centre and breathe. The Breathe watch face gives easy access to the Mindfulness app, which some people say helps them relax.

Music: The Apple Watch's app for playing music, which also works as a controller for the iPhone's Music app.

News App: A useful media application that I collates news sources from across the web. It can be customised to focus on news that interests you personally.

Noise: A useful bundled Apple Watch app that checks the volume of ambient noise levels, and warns you if it's loud enough to damage your hearing.

Notifications: A pull-down list of recent notifications, accessed by swiping the Apple Watch screen down from the top.

Now Playing: If any app is playing audio on your Apple Watch or iPhone, the Now Playing icon appears atop the screen. Tap it for controls.

Photos: A bundled Apple Watch application that lets you view and share photographs directly from your watch.

Portraits: If your iPhone can take Portrait photos, with the subject in focus but the background blurred (the bokeh effect), you can use them in the Apple Watch's Portraits face.

QuickPath: The latest Apple Watch models offer a virtual keyboard used by tapping the letters or by swiping a finger from one letter to the next. Typing suggestions are offered, and you can correct a mistake by scrolling the digital crown.

Retina Display: This is Apple's term for its high-resolution screens. The pixels are so small it's impossible to distinguish between them at a normal viewing distance. Apple Watch has a Retina screen.

Scribble: A means of typing on your Apple Watch, by drawing individual letters on the watch face.

Settings: An app on your Apple Watch that gives access to configurable features. There's an entry in Settings for every app on your watch, whether a default app or one you've added yourself.

Siri: Apple's voice activated digital assistant. You can give Siri spoken instructions and the service replies by giving you the information you asked for, or by activating the requested Apple Watch function.

Sleep/Wake Button: Physical hardware button on top of the iPhone, iPod touch, and iPad. Used to power on, wake from sleep, put to sleep, and power down iOS devices.

Sleep App: This is used to track your sleeping habits and set up bedtime schedules. You can see how much sleep you got last night, and follow your sleeping trends over the last 14 days.

Smartwatch: A watch that functions as a piece of digital technology that can run apps for things like measuring exercise, health, heart rates and other things that require sensors. The Apple Watch is a smartwatch.

SMS: (Short Message Service) Text messages sent from the Messages app. Apple Watch has standard messages, or you can speak/type your own.

SOS: A service on Apple Watch that lets you call the emergency services from your watch, store medical information and detect if you've fallen over.

Straps: The Apple Watch uses its own unique strap design. Apple Watch straps include Loops, Sports Bands, Modern Buckles and other styles.

Touchscreen: A screen that responds to your touch, so you can interact with it using your fingers or a stylus.

Walkie-Talkie: An innovative feature that facilitates two-way communication between Apple Watches. Requires Apple Watch Series 1 or later running watchOS 5.3 or later.

watchOS: The operating system that underpins everything that goes on in your Apple Watch. This operating system (or OS) is regularly updated, and new versions are free of charge.

Wi-Fi: A wireless of means of getting onto the Internet or connecting two devices. At home, your Wi-Fi network is established through your router. Whilst away from home, you might have access to public Wi-Fi networks like those offered in coffee shops or libraries.

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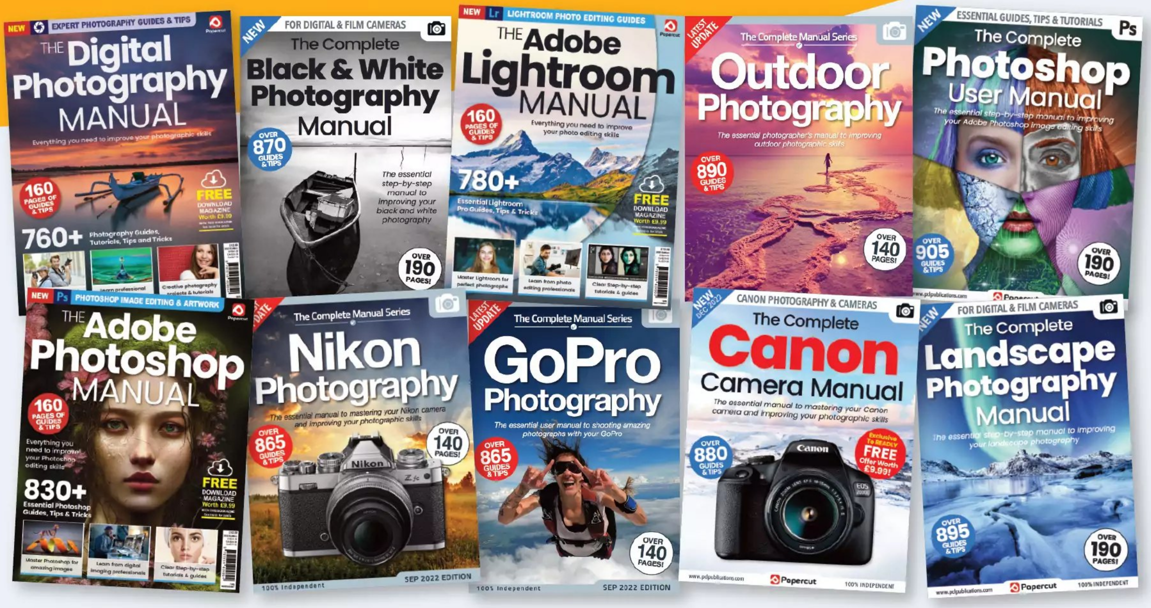
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